



the real food promise

real food with real ingredients:



- no artificial: colours, flavours or sweeteners
- no added nitrates or nitrites



wild Skipjack tuna & Canadian salmon, sustainably-sourced



whole grains throughout the menu

from Ontario farms:



- pasture-raised beef without added hormones or routine antibiotics*
 - organic chicken meatballs and turkey
- *some exceptions may apply to accommodate religious needs



focus on fruits, vegetables & products grown & produced locally & sustainably



dairy products & organic tofu



globally inspired dishes



we advocate for mandatory labelling of GMOs

peanut & tree nut free

	monday	tuesday	wednesday	thursday	friday
am snack	31 organic brown rice blossoms milk	1 applesauce cranberry-orange morning round	2 organic multigrain squares milk	3 stone fruit banana muffin	4 fruit pizza whole wheat flatbread apple butter banana
lunch	pollo cacciatore lentil bolognese whole grain pasta green peas & carrots	burrito bowl black beans in salsa brown rice sweet corn shredded cheddar	meteorite wrap chicken meteorites chickpea patty whole wheat wrap inf: multigrain rocket bun romaine lettuce ranch dressing w/organic tofu inf: spinach-coconut purée	tuna salad sandwich skipjack tuna salad spinach quiche whole wheat bread lettuce garnish garnish not for infants shredded cheddar carrot & squash soup	beef & tomato filling pumpkin & beans quinoa bell pepper inf: apple-mango-beet purée
pm snack	kiwi apple croissant	pear inf: apple-pear purée yogurt parfait vanilla maple yogurt inf: plain yogurt granola inf: organic quinoa crunchies	banana mini cucumber tortilla crisps inf/tod: whole wheat pita tomato salsa	orange mini tomatoes inf/tod: cucumber cracked wheat crackers red pepper hummus	watermelon baby carrots broccoli & cauliflower inf/tod: roasted sweet potato puffed rice square beany basil dip
am snack	7 organic super O's milk	8 applesauce organic quinoa crunchies	9 hard boiled egg croissant	10 organic multigrain squares milk	11 banana muesli morning round
lunch	sri lankan chicken white bean curry brown rice green beans inf: steamed green beans	chickpea chowder quinoa green peas	beef burger chickpea patty multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad	volcano sandwich beef & tomato filling pumpkin & beans whole wheat bread cucumber	salmon pasta bake tomato-lentil sauce w/riced pasta napa cabbage & spinach salad creamy parsley-lemon dressing inf: sweet potato-carrot purée
pm snack	pear inf: banana-apple purée apple apple-cinnamon snacking round	orange kiwi mini organic lemon cookies inf: banana muffin milk	apple cucumber basil pesto pasta salad	strawberry sauce mini tomatoes inf/tod: steamed carrots cracked wheat crackers dill soft cheese	stone fruit mini pizza whole wheat focaccia marinara sauce shredded cheddar

= herbivore protein inf/tod = infant/toddler substitute

june 2021 menu



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am snack	14 pear inf: apple-pear purée cheddar or mozzarella cheese	15 granola inf: organic brown rice blossoms milk	16 apple whole wheat mini bagel cream cheese	17 organic super O's milk	18 super smoothie vanilla maple yogurt inf: plain yogurt apple-banana blend banana
lunch	chick-a-noodle soup beany noodle soup whole wheat garlic baguette green peas & carrots	masala fish mushroom quiche yellow rice green beans inf: steamed green beans	beef bolognese lentil bolognese whole grain pasta cucumber	chicken sandwich jerk chicken texan kidney beans multigrain pita bun coleslaw inf: blended coleslaw	ratatouille w/organic tofu quinoa tiny chopped salad apple cider vinaigrette inf: cauliflower-carrot-coconut purée
	orange	pear inf: banana-pear purée	watermelon	apple	kiwi
pm snack	applesauce cocoa-beet loaf milk	melon trail mix inf: apple-cinnamon snacking round	multigrain & chia crisps inf/tod: whole wheat pita avocado bean guacamole	baby carrots inf/tod: roasted sweet potato roasted red pepper loaf hummus new!	cucumber falafel bites dilly dip
am snack	21 organic multigrain squares milk	22 applesauce granola pucks	23 orange whole wheat raisin focaccia organic blueberry fruit spread	24 organic super O's milk	25 diced melon whole wheat blueberry scone
lunch	sunshine dahl basmati rice green peas cucumber raita	mediterranean chicken navy beans w/spinach couscous steamed carrots hit back!	marinara beef meatballs marinara falafel bites whole grain pasta veggie rainbow inf: mini broccoli	carrot & flax fish spinach quiche brown rice bell pepper inf: spinach-coconut purée	mac'n cheese red cabbage & spinach salad new! maple samurai vinaigrette inf: sweet potato-carrot purée
	orange	kiwi	stone fruit	apple	pear inf: banana-apple purée
pm snack	egg cracker stacker hard boiled egg cracked wheat crackers mayo w/organic tofu	apple cheddar or mozzarella cheese	cucumber organic vegetable crackers spinach-organic tofu dip	banana roll up whole wheat wrap inf: puffed rice square cocoa chic'pea spread banana	tomato bruschetta whole wheat garlic baguette

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beef bolognese

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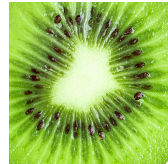


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am snack	28 organic brown rice blossoms milk	29 applesauce cranberry-orange morning round	30 apple organic quinoa crunchies	1 	2 organic multigrain squares milk
lunch	pollo cacciatore  lentil bolognese whole grain pasta green peas & carrots	 black beans in salsa whole wheat wrap inf: whole wheat pita sweet corn shredded cheddar	canada day meal beef burger  chickpea patty real food ketchup beet & carrot salad inf: blended beet & carrot salad	Canada Day 	 tomato-spinach frijoles red & white quinoa green peas sour cream
pm snack	apple carrot muffin	yogurt parfait vanilla maple yogurt inf: plain yogurt organic strawberry granola	cucumber tortilla crisps inf/tod: whole wheat pita tomato salsa		pear inf: banana-pear purée
					pear inf: banana-pear purée
					baby carrots inf/tod: roasted sweet potato puffed rice square beany basil dip

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Hey, families!

Want to know what your little one eats every day?
Now it's super easy with **What's Cookin'**,
the RFRK monthly newsletter!

What's Cookin' includes:

- access to our monthly menus
- recipe highlights of our ingredients
- tips & tricks to inspire healthy eating
- news from the Real Food Kitchen

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