

fuelling healthy futures™



## the real food promise

### real food with real ingredients:



- no artificial: colours, flavours or sweeteners
- no added nitrates or nitrites
- whole grains used throughout the menu



wild Skipjack tuna & Canadian salmon, sustainably-sourced & MSC-certified

### proudly from Ontario:



organic chicken & pasture-raised beef without added hormones or routine antibiotics\*

*\*some exceptions may apply to accommodate religious needs*



dairy products & organic tofu



local fruits & veggies prioritized

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- ingredients sourced without GMOs
- committed to reducing the carbon footprint of our menus



globally & culturally inspired dishes

peanut & tree nut free

rfrk.com

# june 2024 menu

	monday	tuesday	wednesday	thursday	friday
am snack	<b>3</b> organic super O's cereal milk	<b>4</b> applesauce muesli morning round	<b>5</b> hard boiled egg brioche bite	<b>6</b> apple cheddar or mozzarella cheese	<b>7</b> organic multigrain squares milk
lunch	<b>pollo cacciatore</b> <b>lentil bolognese</b> whole grain penne green peas	<b>provençal fish filet</b> <b>red pepper quiche</b> brown rice steamed carrots	<b>black bean burrito</b> <b>black beans</b> <b>in salsa</b> whole wheat wrap inf: multigrain rocket bun sweet corn sour cream	<b>beef burger</b> <b>chickpea patty</b> multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad	<b>tomato-spinach</b> <b>frijoles</b> wheat bun beet & carrot matchsticks, baby spinach creamy parsley-lemon dressing inf: sweet potato-carrot purée
pm snack	orange  apple coco-cocoa cookie inf: mini moon biscuit milk	banana  <b>mini pizza</b> frena bun marinara sauce shredded cheddar	orange  apple cheddar bites	diced melon  cucumber, broccoli & cauliflower inf/tod: soft broccoli chickpea crisps inf/tod: whole wheat pita dilly dip	apple  <b>banana roll up</b> whole wheat wrap inf: plain yogurt sunbutter* banana
am snack	<b>10</b> orange brioche bite	<b>11</b> granola inf: organic multigrain squares milk	<b>12</b> orange whole wheat raisin bread organic raspberry fruit spread	<b>13</b> organic blossoms milk	<b>14</b> banana vanilla maple yogurt inf: plain yogurt
lunch	<b>chick-a-noodle soup</b> <b>beany noodle soup</b> whole wheat roll green peas	<b>lentil bolognese</b> whole grain penne steamed carrots	<b>carrot &amp; flax fish</b> <b>spinach quiche</b> onion bread cucumber	<b>chicken fricassée</b> <b>texan kidney beans</b> quinoa mini broccoli	<b>chickpea chowder</b> brown rice brocco-kale mix apple cider vinaigrette inf: pumpkin-red lentil purée
pm snack	apple  baby carrots inf/tod: cucumber cracked wheat crackers red pepper hummus	banana  melon apple pie snacking rounds	stone fruit  mini tomatoes inf/tod: roasted sweet potato pita crackers inf/tod: brown rice cakes avocado bean guacamole	pear inf: apple-banana purée  banana cocoa-zucchini loaf	apple  cucumber organic crispbread crackers dill soft cheese

= herbivore protein inf/tod = infant/toddler substitute  
\* YMCA centres will receive cream cheese

milk and/or water are offered at meals and snacks

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am snack	<b>17</b> organic multigrain squares milk	<b>18</b> applesauce cheddar or mozzarella cheese	<b>19</b> apple raisin & seed oatie	<b>20</b> pineapple muesli morning round	<b>21</b> organic super O's cereal milk
lunch	<b>sunshine dahl</b> quinoa green peas & carrots cucumber raita	<b>masala fish mushroom quiche</b> brown rice veggie rainbow inf: mini broccoli	<b>marinara beef meatballs</b> <b>marinara falafel bites</b> whole grain elbows steamed carrots	<b>chicken fajita curried lentils</b> whole wheat wrap inf: multigrain rocket bun coleslaw inf: blended coleslaw	<b>mac'n cheese</b> red cabbage & spinach salad maple samurai vinaigrette inf: apple-mango-beet purée
pm snack	orange	pear inf: apple-banana purée	banana	orange	apple
pm snack	<b>egg salad wrap</b> whole wheat wrap inf: multigrain rocket bun hard boiled egg ranch dressing w/organic tofu	apple chickpea crisps inf/tod: whole wheat pita cocoa chic'pea spread	baby carrots inf/tod: kiwi brown rice cakes hummus	tomato bruschetta folded basil loaf	banana cracked wheat crackers cream cheese
am snack	<b>24</b> organic blossoms milk	<b>25</b> kiwi cranberry-orange morning round	<b>26</b> organic multigrain squares milk	<b>27</b> pear inf: orange apple beet loaf	<b>28</b> <b>banana roll up</b> whole wheat wrap inf: multigrain rocket bun apple butter banana
lunch	<b>caldereida fish</b> <b>sweet &amp; sour sauce w/organic tofu</b> quinoa sweet corn	<b>white bean curry</b> brown rice mini broccoli	<b>meteorite wrap chickpea crusted chicken meteorites</b> <b>falafel bites</b> whole wheat wrap inf: multigrain rocket bun crisp lettuce caesar dressing w/organic tofu inf: sweet potato-carrot purée	<b>filipino beef giniling chili chili bang bang</b> brown & red rice green beans inf: steamed green beans	<b>canada day lunch beef burger</b> <b>chickpea patty</b> multigrain pita bun real food ketchup beet & carrot salad inf: blended beet & carrot salad
pm snack	apple	banana	apple	stone fruit	mini watermelon
pm snack	baby carrots inf/tod: roasted sweet potato cracked wheat crackers beany basil dip	<b>yogurt parfait</b> honey yogurt inf: plain yogurt granola inf: apple-mango-beet purée	orange tortilla crisps inf/tod: brown rice cakes tomato salsa	applesauce cinnamon bun snacking rounds	bell pepper inf: pumpkin-red lentil purée brown rice cakes spinach-organic tofu dip

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