



beef burger

## 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

	monday	tuesday	wednesday	thursday	friday
Local food week	<b>5</b> am snack organic crispy O's inf: organic blossoms milk	<b>6</b> applesauce muesli morning round	<b>7</b> hard boiled egg brioche bite	<b>8</b> banana organic quinoa crunchies	<b>9</b> organic multigrain squares milk
	<b>lunch</b> pollo cacciatore lentil bolognese whole grain pasta green peas	provençal fish filet red pepper quiche brown rice steamed carrots	black bean burrito black beans in salsa whole wheat wrap inf: multigrain rocket bun sweet corn sour cream	beef burger chickpea patty multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad	tuna & salmon pasta bake tomato-lentil sauce w/rice pasta romaine lettuce creamy parsley-lemon dressing inf: sweet potato-carrot purée
	<b>pm snack</b> strawberry sauce	banana	pear inf: apple-banana purée	diced melon	apple
	apple ginger cookie inf: zucchini muffin milk	mini pizza whole wheat focaccia marinara sauce shredded cheddar	apple cheddar bites	cucumber chickpea crisps inf/tod: whole wheat pita dilly dip	banana roll up whole wheat wrap inf: multigrain rocket bun cocoa chic' pea spread banana
<b>am snack</b>	<b>12</b> orange apple-cinnamon morning round	<b>13</b> granola inf: organic multigrain squares milk	<b>14</b> apple whole wheat raisin bread organic blueberry fruit spread	<b>15</b> organic blossoms milk	<b>16</b> super smoothie vanilla maple yogurt inf: plain yogurt strawberry sauce banana
<b>lunch</b>	chick-a-noodle soup beany noodle soup whole wheat roll green peas	beef bolognese lentil bolognese whole grain pasta steamed carrots	carrot & flax fish spinach quiche onion bread cucumber	chicken fricassée texan kidney beans quinoa mini broccoli	ratatouille w/organic tofu yellow rice brocco-kale mix apple cider vinaigrette inf: cauliflower-carrot-coconut purée
<b>pm snack</b>	apple baby carrots inf/tod: cucumber cracked wheat crackers red pepper hummus	banana melon crunchy trail mix inf: organic quinoa crunchies	orange mini tomatoes inf/tod: kiwi pita crackers inf/tod: multigrain thins avocado bean guacamole	pear inf: apple-mango-beet purée	apple cucumber puffed rice round dill soft cheese

🌿 = herbivore protein inf/tod = infant/toddler substitute

milk or water offered at lunch



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am snack	<b>19</b> organic multigrain squares milk	<b>20</b> applesauce cheddar or mozzarella cheese	<b>21</b> apple granola pucks	<b>22</b> pineapple melon & orange organic quinoa crunchies	<b>23</b> organic crispy O's inf: organic blossoms milk
lunch	<b>sunshine dahl</b> brown rice green peas & carrots cucumber raita	<b>masala fish mushroom quiche</b> red & white quinoa veggie rainbow inf: mini broccoli	<b>marinara beef meatballs</b> <b>marinara falafel bites</b> whole grain pasta 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: spinach-coconut purée
pm snack	orange <b>egg salad wrap</b> whole wheat wrap inf: multigrain rocket bun hard boiled egg ranch dressing w/organic tofu	strawberries apple whole wheat pita cocoa chic'pea spread	banana baby carrots inf/tod: cucumber puffed rice round hummus	kiwi tomato bruschetta folded basil loaf	apple banana cracked wheat crackers sunbutter*
am snack	<b>26</b> organic blossoms milk	<b>27</b> apple cranberry-orange morning round	<b>28</b> organic multigrain squares milk	<b>29</b> pear inf: orange banana muffin	<b>30</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> brown & red rice sweet corn	<b>white bean curry</b> basmati rice mini broccoli	<b>meteorite wrap</b> <b>chickpea crusted chicken meteorites</b> <b>falafel bites</b> whole wheat wrap inf: multigrain rocket bun romaine lettuce caesar dressing w/organic tofu inf: sweet potato-carrot purée	<b>filipino beef giniling</b> <b>chili chili bang bang</b> quinoa green beans inf: steamed green beans	<b>canada day lunch</b> <b>beef burger</b> <b>chickpea patty</b> multigrain pita bun real food ketchup beet & carrot salad inf: blended beet & carrot salad
pm snack	pear inf: apple-banana purée baby carrots inf/tod: roasted sweet potato cracked wheat crackers beany basil dip	banana <b>yogurt parfait</b> honey yogurt inf: plain yogurt granola inf: apple-mango-beet purée	apple orange tortilla crisps inf/tod: multigrain thins avocado bean guacamole	stone fruit mango sauce cinnamon-raisin snacking round	mini watermelon bell pepper inf: spinach-coconut purée puffed rice round spinach-organic tofu dip

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\* YMCA centres will receive cream cheese

milk or water offered at lunch