

fuelling healthy futures™



sri lankan chicken

## 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 or raised without antibiotics 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



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




globally & culturally inspired dishes

peanut & tree nut free

rfrk.com

lunch 1

# september 2024 menu

	monday	tuesday	wednesday	thursday	friday
am snack	2 <b>Labour Day</b> 	3 applesauce organic quinoa crunchies	4 orange raisin & seed oatie	5 organic blossoms milk	6 <b>super smoothie</b> vanilla maple yogurt inf: plain yogurt strawberry purée <b>new!</b>
lunch		<b>bolognese w/organic tofu</b> whole wheat pita green peas & carrots	<b>carrot &amp; flax fish spinach quiche</b> quinoa green beans inf: steamed green beans	<b>chicken &amp; wild rice stew</b> <b>it's back!</b> <b>lentil &amp; mushroom stew</b> onion bread steamed carrots	<b>beef &amp; bean chili chili chili bang bang</b> brown & red rice brocco-kale mix balsamic dressing inf: pumpkin-red lentil purée
pm snack		apple  cheddar or mozzarella cheese brown rice cakes	banana  baby carrots inf/tod: orange cracked wheat crackers cream cheese	orange  apple pumpkin loaf <b>new!</b>	apple  cucumber brioche bite beany basil dip
am snack	9 organic multigrain squares milk	10 applesauce raisin & seed oatie	11 pear inf: apple-banana purée cheddar or mozzarella cheese	12 pineapple, melon & orange organic quinoa crunchies <b>it's back!</b>	13 organic super O's cereal milk
lunch	<b>sunshine dahl</b> red & white quinoa green peas & carrots	<b>masala fish mushroom quiche</b> wheat bun veggie rainbow inf: mini broccoli	<b>marinara beef meatballs</b> <b>marinara falafel bites</b> whole grain penne 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	apple cracked wheat crackers cocoa chic'pea spread	<b>egg salad wrap</b> whole wheat wrap inf: multigrain rocket bun hard boiled egg ranch dressing w/organic tofu	baby carrots & broccoli inf/tod: cucumber brown rice cakes hummus	tomato bruschetta roasted red pepper loaf	banana whole wheat blueberry scone

= herbivore protein inf/tod = infant/toddler substitute

milk and/or water are offered at meals and snacks

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	monday	tuesday	wednesday	thursday	friday
<b>am snack</b>	<b>16</b> go bananas cereal milk <i>new!</i>	<b>17</b> pineapple müesli morning round	<b>18</b> organic multigrain squares milk	<b>19</b> pear inf: apple-banana purée whole wheat mini bagel maple soft cheese <i>it's back!</i>	<b>20</b> <b>banana roll up</b> whole wheat wrap inf: organic quinoa crunchies apple butter banana
<b>lunch</b>	<b>sri lankan chicken</b> <i>white bean curry</i> focaccia slice sweet corn	<i>sunshine dahl</i> brown & red rice mini broccoli	<b>meteorite wrap</b> <b>chickpea crusted chicken meteorites</b> <i>chickpea patty</i> whole wheat wrap inf: multigrain rocket bun napa cabbage & spinach salad caesar dressing w/organic tofu inf: sweet potato-carrot purée	<b>soup &amp; sammy</b> <i>hummus &amp; cheddar cheese slice</i> multigrain pita bun crisp lettuce garnish garnish not for infants squash & coconut soup	<b>trinidadian curry beef</b> <i>trinidadian curry tofu</i> yellow rice baby spinach, beet & carrot matchsticks creamy parsley-lemon dressing inf: pumpkin-red lentil purée
	orange	pear inf: pumpkin-red lentil purée	banana	apple	orange
<b>pm snack</b>	applesauce blueberry purée cocoa-beet loaf <i>new!</i>	<b>yogurt parfait</b> vanilla maple yogurt inf: plain yogurt cinnamon granola <i>new!</i> inf: apple-mango-beet purée	orange tortilla crisps inf/tod: brown rice cakes tomato salsa	baby carrots inf/tod: roasted sweet potato cracked wheat crackers beany basil dip	bell pepper inf: apple-mango-beet purée brown rice cakes spinach-organic tofu dip
<b>am snack</b>	<b>23</b> organic super O's cereal milk	<b>24</b> apple cranberry-orange morning round	<b>25</b> hard boiled egg brioche bite	<b>26</b> honey yogurt inf: apple-banana purée organic quinoa crunchies	<b>27</b> organic multigrain squares milk
<b>lunch</b>	<b>pollo cacciatore</b> <i>lentil bolognese</i> onion bread green peas	<i>provençal fish filet</i> <i>red pepper quiche</i> brown rice steamed carrots	<i>bean burrito</i> <i>bean burrito filling</i> whole wheat wrap inf: multigrain rocket bun sweet corn sour cream	<b>beef burger</b> <i>chickpea patty</i> multigrain pita bun real food ketchup beet & carrot salad inf: blended beet & carrot salad	<i>white bean curry</i> wheat bun baby romaine caesar dressing w/organic tofu inf: sweet potato-carrot purée
	pear inf: apple-mango-beet purée	banana	kiwi	orange	apple
<b>pm snack</b>	apple coco-cocoa cookie inf: mini moon biscuit milk	<b>mini pizza</b> frena bun marinara sauce shredded cheddar	baby carrots inf/tod: steamed green beans cheddar bites	cucumber chickpea crisps inf/tod: cracked wheat crackers dilly dip	<b>banana roll up</b> whole wheat wrap inf: plain yogurt cocoa chic'pea spread banana

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