



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 poultry,
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

lunch 1

february 2026 menu

	monday	tuesday	wednesday	thursday	friday
am snack	2 whole grain squares milk	3 melon apple-cinnamon morning round	4 go bananas cereal milk	5 orange banana muffin	6 hard boiled egg brioche bite
lunch	pollo cacciatore lentil bolognese multigrain pocket bun green peas	white bean curry basmati rice steamed carrots cucumber raita	beef burger chickpea patty multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad	lentil bolognese whole grain rotini red cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée	tuna & salmon pasta bake tomato-lentil sauce w/chickpea spirals mini broccoli
pm snack	apple onion bread marinara sauce shredded cheddar	orange baby carrots inf/tod: steamed green beans brown rice cakes dilly dip	pear inf: apple-mango-beet purée yogurt parfait honey yogurt inf: plain yogurt cinnamon granola inf: mini-moon biscuit	mango apple sourdough crackers inf: organic crispbread crackers beany basil dip	apple banana roll up whole wheat wrap inf: multigrain pocket bun cocoa hummus banana
am snack	9 apple brown rice cakes organic raspberry fruit spread	10 pear inf: apple-banana purée vanilla maple yogurt inf: plain yogurt	11 cinnamon granola inf: go bananas cereal milk	12 pear inf: apple-banana purée raisin & seed oatie	13 organic blossoms milk
lunch	chickpea chowder brown rice green beans inf: steamed green beans	provençal fish filet red pepper quiche quinoa green peas	beef & bean chili chili chili bang bang mini potatoes inf: whole wheat pita sweet corn	greek chicken wrap sheet pan greek chicken navy beans w/spinach whole wheat wrap inf: multigrain pocket bun brocco-kale mix tzatziki inf: sweet potato-carrot purée	marinara meatball sandwich marinara organic turkey meatballs marinara falafel bites multigrain pocket bun cucumber
pm snack	mango sauce tomato bruschetta roasted red pepper loaf	banana apple organic crispbread crackers hummus	mango orange tortilla crisps inf/tod: cracked wheat crackers tomato salsa	banana apple whole wheat raisin bread maple soft cheese	orange valentine's treat baby carrots inf/tod: soft carrots cocoa sweetheart cookies inf: mini-moon biscuit

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

milk and/or water are offered at meals and snacks



beef & bean chili

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am snack	16 Family Day 	17 apple brioche bite	18 go bananas cereal milk	19 super smoothie vanilla maple yogurt inf: plain yogurt blueberry purée banana	20 apple cranberry-orange morning round
lunch		bean burrito filling whole wheat wrap inf: multigrain pocket bun sour cream green peas & carrots	carrot & flax fish pumpkin & beans yellow rice cucumber	beef bolognese lentil bolognese whole grain penne veggie rainbow inf: mini broccoli	mac'n cheese cucumber
pm snack		clementine	orange	mango	banana
		bell pepper inf: apple-mango-beet purée cracked wheat crackers dill soft cheese	mini pizza frena bun marinara sauce shredded cheddar	apple apple cinnamon loaf	baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes golden miso dip
am snack	23 pear inf: applesauce cheddar or mozzarella cheese	24 kiwi whole wheat raisin bread apple butter	25 go bananas cereal milk	26 mango whole wheat blueberry scone	27 cinnamon granola inf: organic blossoms milk
lunch	groovy organic chicken meatballs groovy falafel bites potato mash sweet corn	tomato-spinach frijoles basmati rice shredded cheddar napa cabbage & spinach salad caesar dressing w/organic tofu inf: pumpkin-red lentil purée	gong bao chicken gong bao tofu quinoa bell pepper inf: apple-mango-beet purée	masala fish mushroom quiche whole wheat roll green beans inf: steamed green beans	vegetarian pasta bake brocco-kale mix maple samurai vinaigrette inf: sweet potato-carrot purée
	apple	banana	orange	banana	orange
pm snack	greek salad inf: pumpkin-red lentil purée folded basil loaf	egg wrap whole wheat wrap inf: multigrain pocket bun hard boiled egg picklicious spread	apple vanilla maple yogurt inf: plain yogurt	baby carrots inf/tod: soft carrots sundried tomato pasta salad	apple whole wheat mini bagel red pepper hummus

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