



groovy organic chicken meatballs

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

.....



- 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

october 2025 menu

	monday	tuesday	wednesday	thursday	friday
am snack	29 organic multigrain squares milk	30 clementine brioche bite	1 go bananas cereal milk	2 super smoothie vanilla maple yogurt inf: plain yogurt strawberry purée banana	3 apple cranberry-orange morning round
lunch	caldeirada fish loco lima beans quinoa green peas pear inf: apple-banana purée	bean burrito filling whole wheat wrap inf: multigrain pocket bun sour cream baby romaine apple cider vinaigrette inf: sweet potato-carrot purée apple	masala fish sunshine dahl brown rice coleslaw inf: blended coleslaw mango	beef bolognese lentil bolognese whole grain penne veggie rainbow inf: mini broccoli clementine	mac'n cheese cucumber banana
pm snack	melon apple pie snacking rounds	bell pepper inf: apple-mango-beet purée cracked wheat crackers dill soft cheese	mini pizza frena bun marinara sauce shredded cheddar	apple pumpkin loaf	baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes golden miso dip new!
am snack	6 pear inf: apple-banana purée cheddar or mozzarella cheese	7 kiwi whole wheat raisin bread apple butter	8 go bananas cereal milk	9 mango whole wheat blueberry scone	10 cinnamon granola inf: organic blossoms milk
lunch	pollo cacciatore lentil bolognese whole grain rotini sweet corn apple	chili chili bang bang basmati rice shredded cheddar red cabbage & spinach salad balsamic vinaigrette inf: pumpkin-red lentil purée clementine	chicken fricassée texan kidney beans quinoa bell pepper inf: apple-mango-beet purée banana	carrot & flax fish spinach quiche whole wheat roll green beans inf: steamed green beans pear inf: apple-banana purée	friendsgiving feast groovy organic chicken meatballs white bean curry multigrain pocket bun brocco-kale mix maple samurai vinaigrette inf: sweet potato-carrot purée orange
pm snack	tomato bruschetta folded basil loaf	hard boiled egg brioche bite	apple vanilla maple yogurt inf: plain yogurt	baby carrots inf/tod: soft carrots pita crackers inf/tod: brown rice cakes dill saucy dipz	apple whole wheat mini bagel red pepper hummus

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

milk and/or water are offered at meals and snacks



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am snack	13 Happy Thanksgiving 	14 melon apple-cinnamon morning round	15 go bananas cereal milk	16 apple lemon cranberry muffin	17 hard boiled egg brioche bite
lunch		sunshine dahl basmati rice green peas & carrots cucumber raita pear inf: apple-mango-beet purée	mexican beef burrito filling bean burrito filling whole wheat wrap inf: multigrain pocket bun bell pepper inf: sweet potato-carrot purée clementine	marinara organic turkey meatballs marinara falafel bites whole grain rotini napa cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée mango	tuna & salmon pasta bake tomato-lentil sauce w/chickpea spirals mini broccoli banana
pm snack		baby carrots inf/tod: kiwi brown rice cakes spinach-organic tofu dip	yogurt parfait honey yogurt inf: plain yogurt cinnamon granola inf: mini-moon biscuit	fruit pizza frena bun cocoa hummus banana	apple sourdough crackers inf: organic crispbread crackers beany basil dip
am snack	20 apple muesli morning round	21 pear inf: apple-banana purée vanilla maple yogurt inf: plain yogurt	22 cinnamon granola inf: go bananas cereal milk	23 banana raisin & seed oatie	24 organic blossoms milk
lunch	chickpea chowder brown rice green beans inf: steamed green beans strawberry sauce	provençal fish filet red pepper quiche quinoa veggie rainbow inf: mini broccoli banana	jerk chicken wrap jerk chicken texan kidney beans whole wheat wrap inf: multigrain pocket bun brocco-kale mix caesar dressing w/ organic tofu inf: sweet potato-carrot purée mango	beef & barley stew lentil & mushroom stew mini potatoes inf: whole wheat pita sweet corn pear inf: apple-banana purée	vegetarian pasta bake cucumber orange
pm snack	greek salad inf: pumpkin-red lentil purée roasted red pepper loaf	apple organic crispbread crackers hummus	clementine mini cocoa cookies inf: mini-moon biscuit milk	apple whole wheat raisin bread maple soft cheese	baby carrots inf/tod: soft carrots tortilla crisps inf/tod: cracked wheat crackers red pepper saucy dipz

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am snack	27 organic multigrain squares milk	28 clementine brioche bite	29 go bananas cereal milk	30 super smoothie vanilla maple yogurt inf: plain yogurt blueberry purée banana	31 halloween treat pumpkin loaf apple
lunch	caldeirada fish loco lima beans quinoa green peas pear inf: apple-banana purée	black beans in salsa whole wheat wrap inf: multigrain pocket bun sour cream napa cabbage & spinach salad apple cider vinaigrette inf: sweet potato-carrot purée apple	masala fish sunshine dahl brown rice coleslaw inf: blended coleslaw mango	beef bolognese lentil bolognese whole grain penne veggie rainbow inf: mini broccoli clementine	mac'n cheese cucumber banana
pm snack	melon cinnamon bun snacking rounds	bell pepper inf: apple-mango-beet purée cracked wheat crackers dill soft cheese	mini pizza frena bun marinara sauce shredded cheddar	apple cranberry-orange morning round	baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes golden miso dip

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Make at Home: Cocoa Beet Loaf



A not-too-sweet treat that can't be "beet!" Our **Cocoa Beet Loaf** is a fave with kids AND grownups for good reason. Not only is this recipe super delicious, it's also surprisingly easy to make! This unexpected combo stars beets, an amazing root veggie, beautifully blended with rich cocoa, adding another layer of natural sweetness and a subtle earthy flavour.

Just in time for Halloween, we're sharing this recipe as a fun way to enjoy a scrumptious chocolately snack, using just a handful of whole ingredients. It's a *boo-tiful* baked good to bring to spooky celebrations, or for sharing with the whole family after a night of trick-or-treating!

Our Real Food Recipes are only available through our monthly newsletter, *What's Cookin'*, so subscribe now so you don't miss out when this recipe drops on September 26th.

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