



sunshine dahl

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

september 2025 menu

	monday	tuesday	wednesday	thursday	friday
am snack	1 Labour Day 	2 orange brioche bite	3 go bananas cereal milk	4 super smoothie vanilla maple yogurt inf: plain yogurt mango purée banana	5 apple cranberry-orange morning round
lunch		 black beans in salsa whole wheat wrap inf: multigrain pocket bun sweet corn sour cream	 masala fish sunshine dahl brown rice coleslaw inf: blended coleslaw	 beef bolognese lentil bolognese whole grain penne veggie rainbow inf: mini broccoli	 mac'n cheese cucumber
pm snack		apple baby carrots inf/tod: kiwi cracked wheat crackers dill soft cheese	orange mini pizza  frena bun marinara sauce shredded cheddar	mango apple pumpkin loaf	banana baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes red pepper saucy dipz
am snack	8 apple cheddar or mozzarella cheese	9 kiwi whole wheat raisin bread organic raspberry fruit spread	10 go bananas cereal milk	11 mango whole wheat blueberry scone	12 cinnamon granola inf: organic blossoms milk
lunch	 pollo cacciatore  lentil bolognese whole grain rotini sweet corn	 chili chili bang bang basmati rice shredded cheddar red cabbage & spinach salad balsamic vinaigrette inf: pumpkin-red lentil purée	 chicken fricassée   texan kidney beans quinoa bell pepper inf: apple-mango-beet purée	 carrot & flax fish  spinach quiche whole wheat roll green beans inf: steamed green beans	 vegetarian pasta bake brocco-kale mix maple samurai vinaigrette inf: sweet potato-carrot purée
	pear inf: apple-banana purée	clementine	banana	pear inf: apple-banana purée	clementine
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	15 organic multigrain squares milk	16 melon apple-cinnamon morning round	17 go bananas cereal milk	18 apple  carrot muffin	19 hard boiled egg brioche bite
lunch	sri lankan chicken white bean curry whole wheat roll green peas	 sunshine dahl basmati rice green peas & carrots cucumber raita	 beef burger chickpea patty multigrain pita bun real food ketchup beet & carrot salad inf: blended beet & carrot salad	 bolognese w/organic tofu whole grain rotini napa 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 cucumber onion bread cream cheese	pear inf: apple-mango-beet purée baby carrots inf/tod: steamed green beans brown rice cakes dilly dip	orange yogurt parfait honey yogurt inf: plain yogurt cinnamon granola inf: mini-moon biscuit	mango banana roll up whole wheat wrap inf: multigrain pocket bun cocoa hummus banana	banana apple sourdough crackers inf: organic crispbread crackers beany basil dip
am snack	22 apple muesli morning round	23 pear inf: apple-banana purée vanilla maple yogurt inf: plain yogurt	24 cinnamon granola inf: go bananas cereal milk	25 banana raisin & seed oatie	26 organic blossoms milk
lunch	 chickpea chowder brown rice green beans inf: steamed green beans	 provençal fish filet red pepper quiche quinoa veggie rainbow inf: mini broccoli	 meteorite wrap chickpea crusted chicken meteorites  falafel bites whole wheat wrap inf: multigrain pocket bun brocco-kale mix caesar dressing w/ organic tofu inf: sweet potato-carrot purée	beef & barley stew  lentil & mushroom stew mini potatoes inf: whole wheat pita sweet corn	 black bean taco black beans in salsa multigrain pocket bun cucumber sour cream
pm snack	blueberry sauce greek salad inf: pumpkin-red lentil purée roasted red pepper loaf	banana apple organic crispbread crackers hummus	mango orange mini organic lemon cookies inf: mini-moon biscuit milk	pear inf: apple-banana purée apple whole wheat raisin bread maple soft cheese	clementine baby carrots inf/tod: soft carrots tortilla crisps inf/tod: cracked wheat crackers red pepper saucy dipz