



vegetarian pasta bake

## 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

# december 2025 menu

	monday	tuesday	wednesday	thursday	friday
am snack	1 pear inf: apple-banana purée cheddar or mozzarella cheese	2 kiwi whole wheat raisin bread apple butter	3 go bananas cereal milk	4 mango whole wheat blueberry scone	5 cinnamon granola inf: organic blossoms milk
lunch	groovy organic chicken meatballs white bean curry potato mash sweet corn	tomato-spinach frijoles basmati rice shredded cheddar napa cabbage & spinach salad ranch dressing w/ organic tofu inf: pumpkin-red lentil purée	gong bao chicken gong bao tofu quinoa cucumber	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
pm snack	apple  greek salad inf: pumpkin-red lentil purée folded basil loaf	banana  egg wrap whole wheat wrap inf: multigrain pocket bun hard boiled egg picklicious spread	orange  apple vanilla maple yogurt inf: plain yogurt	banana  baby carrots inf/tod: soft carrots sundried tomato pasta salad	orange  apple whole wheat mini bagel red pepper hummus
am snack	8 organic multigrain squares milk	9 melon apple-cinnamon morning round	10 go bananas cereal milk	11 orange carrot muffin	12 hard boiled egg brioche bite
lunch	pollo cacciatore lentil bolognese multigrain pocket bun green peas	white bean curry basmati rice green peas & 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  cucumber onion bread cream cheese	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

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

milk and/or water are offered at meals and snacks



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am snack	<b>15</b> apple brown rice cakes organic raspberry fruit spread	<b>16</b> pear inf: apple-banana purée vanilla maple yogurt inf: plain yogurt	<b>17</b> cinnamon granola inf: go bananas cereal milk	<b>18</b> pear inf: apple-banana purée raisin & seed oatie	<b>19</b> organic blossoms milk
lunch	<b>garbanzo bean tajine</b> brown rice green beans inf: steamed green beans  strawberry-rhubarb sauce <small>new!</small>	<b>provençal fish filet</b> <b>red pepper quiche</b> quinoa green peas  banana	<b>beef &amp; bean chili</b> <b>chili chili bang bang</b> mini potatoes inf: whole wheat pita sweet corn  mango	<b>greek chicken wrap</b> <b>sheet pan greek chicken</b> <small>it's back!</small> <b>navy beans w/spinach</b> whole wheat wrap inf: multigrain pocket bun brocco-kale mix tzatziki inf: sweet potato-carrot purée banana	<b>vegetarian pasta bake</b> cucumber  apple
pm snack	tomato bruschetta roasted red pepper loaf	apple organic crispbread crackers hummus	baby carrots inf/tod: orange chickpea crisps inf/tod: cracked wheat crackers tomato salsa	apple whole wheat raisin bread maple soft cheese	<b>holiday treat</b> <small>new!</small> mini shortbread cookies inf: mini-moon biscuit clementine milk
am snack	<b>22</b> organic multigrain squares milk	<b>23</b> orange brioche bite	<b>24</b> go bananas cereal milk	<b>25</b> <b>26</b> 	
lunch	<b>caldeirada fish</b> <b>sweet &amp; sour sauce w/organic tofu</b> quinoa green peas  pear inf: apple-banana purée	<b>bean burrito filling</b> whole wheat wrap inf: multigrain pocket bun sour cream red cabbage & spinach salad apple cider vinaigrette inf: sweet potato-carrot purée apple	<b>jerk chicken</b> <b>texan kidney beans</b> yellow rice coleslaw inf: blended coleslaw mango		
pm snack	melon apple pie snacking rounds	bell pepper inf: apple-mango-beet purée cracked wheat crackers dill soft cheese	<b>mini pizza</b> frena bun marinara sauce shredded cheddar		

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am snack	<b>29</b> applesauce organic strawberry granola	<b>30</b> kiwi whole wheat raisin bread cream cheese	<b>31</b> go bananas cereal milk	<b>1</b>  Happy 2026!	<b>2</b> cinnamon granola inf: organic blossoms milk
lunch	 <b>sunshine dahl</b> whole wheat roll bell pepper inf: apple-mango-beet purée	 <b>carrot &amp; flax fish</b>  <b>chili chili bang bang</b> basmati rice napa cabbage & spinach salad caesar dressing w/organic tofu inf: pumpkin-red lentil purée	 <b>marinara organic</b> <b>turkey meatballs</b>  <b>marinara falafel bites</b> whole grain penne cucumber	  	 <b>vegetarian</b> <b>pasta bake</b> green peas
pm snack	apple  cheddar or mozzarella cheese brown rice cakes	orange  <b>egg wrap</b> whole wheat wrap inf: multigrain pocket bun hard boiled egg picklickious spread	banana  apple vanilla maple yogurt inf: plain yogurt		apple  baby carrots inf/tod: orange whole wheat pita red pepper hummus

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## A Family-style Bake to Please a Crowd



Our **Vegetarian Pasta Bake** checks all the boxes of classic comfort food that pleases the whole family! Hearty pasta, ooey-goey cheese, protein from red lentils, and of course, a scrumptious blend of garden veggies to nourish the body & soul.

This nostalgic dish speaks the language of kids and grown-ups alike: homey, delicious, and winter-cozy, yet still suitable for any month of the year. The red lentils offer a plant-based protein boost, and the cheese we use at RFRK comes from our beloved local pals at Jensen Cheese. We like rigatoni, but any “forkable” shape works beautifully, from shells to penne and beyond!

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 November 28th.

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