real food kids

lunch 1

december 2025 menu

fuelling healthy futures"





the real food promise

real food with real ingredients:



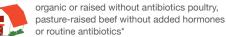
- no artificial: colours, flavours or sweeteners
- no added nitrates or nitrites
- · whole grains used throughout the menu



wild Skipjack tuna & Canadian salmon, sustainably-sourced & MSC-certified

proudly from Ontario:





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



		monday	tuesday	wednesday	thursday	friday
am	snack	pear inf: apple-banana purée	kiwi whole wheat	go bananas cereal	4 mango	5 cinnamon granola
	SI	cheddar or mozzarella cheese	raisin bread apple butter	milk	whole wheat blueberry scone	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
		apple	banana	orange	banana	orange
mđ	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
		8	9	10	11	12
am	snack	organic multigrain squares milk	melon apple-cinnamon morning round	go bananas cereal milk	orange carrot muffin	hard boiled egg brioche bite
100	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	Very 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
		apple	orange	pear inf: apple-mango-beet purée	mango	apple
mđ	snack	cucumber onion bread cream cheese	baby carrots inf/tod: steamed green beans brown rice cakes dilly dip	yogurt parfait honey yogurt inf: plain yogurt cinnamon granola inf: mini-moon biscuit	apple sourdough crackers inf: organic crispbread crackers beany basil dip	banana roll up whole wheat wrap inf: multigrain pocket bun cocoa hummus banana

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rfrk.com



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am snack	15 apple	16 pear	17	18	19
sna	brown rice cakes organic raspberry fruit spread	inf: apple-banana purée vanilla maple yogurt inf: plain yogurt	cinnamon granola inf: go bananas cereal milk	pear inf: apple-banana purée raisin & seed oatie	organic blossoms milk
lunch	garbanzo bean tajine 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	vegetarian pasta bake cucumber
	strawberry-rhubarb sauce	banana	mango	banana	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	holiday treat mini shortbread cookies inf: mini-moon biscuit clementine milk
	22	23	24	25	26
am snack	organic multigrain squares milk	orange brioche bite	go bananas cereal milk	Haj	PPY **
lunch	caldeirada fish sweet & sour sauce w/organic tofu quinoa green peas	bean burrito filling whole wheat wrap inf: multigrain pocket bun sour cream red cabbage & spinach salad apple cider vinaigrette inf: sweet potato-carrot purée	jerk chicken	Holic	nays
	pear inf: apple-banana purée	apple	mango		The State of
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	*	

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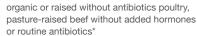
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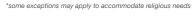


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	monday	tuesday	wednesday	thursday	friday
am snack	applesauce organic strawberry granola	kiwi whole wheat raisin bread cream cheese	go bananas cereal milk	Haddy	cinnamon granola inf: organic blossoms milk
lunch	sunshine dahl whole wheat roll bell pepper inf: apple-mango-beet purée	carrot & flax fish chili chili bang bang basmati rice napa cabbage & spinach salad caesar dressing w/organic tofu inf: pumpkin-red lentil purée	marinara organic turkey meatballs marinara falafel bites whole grain penne cucumber	2026!	vegetarian pasta bake green peas
	apple	orange	banana	W.	apple
pm snack	cheddar or mozzarella cheese brown rice cakes	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: orange whole wheat pita red pepper hummus

= herbivore protein inf/tod = infant/toddler substitute

milk and/or water are offered at meals and snacks

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-gooey cheese, protein from red lentils, and of course, a scrumptious blend of garden veggies to nourish the body & soul.

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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.