



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

november 2025 menu

	monday	tuesday	wednesday	thursday	friday
am snack	3 pear inf: apple-banana purée cheddar or mozzarella cheese	4 kiwi whole wheat raisin bread organic raspberry fruit spread	5 go bananas cereal milk	6 mango whole wheat blueberry scone	7 cinnamon granola inf: organic blossoms milk
lunch	chickpea crusted chicken meteorites falafel bites potato mash 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
pm snack	apple tomato bruschetta folded basil loaf	orange hard boiled egg brioche bite	banana apple vanilla maple yogurt inf: plain yogurt	pear inf: apple-banana purée baby carrots inf/tod: soft carrots sundried tomato pasta salad new!	orange apple whole wheat mini bagel red pepper hummus
am snack	10 organic multigrain squares milk	11 melon apple-cinnamon morning round	12 go bananas cereal milk	13 apple banana muffin	14 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	marinara organic turkey meatballs marinara falafel bites whole grain rotini napa cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée	garbanzo bean tajine wheat bun green beans inf: steamed green beans
pm snack	apple cucumber multigrain pocket bun 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

= herbivore protein inf/tod = infant/toddler substitute

milk and/or water are offered at meals and snacks



beef bolognese

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am snack	17 apple muesli morning round	18 pear inf: apple-banana purée vanilla maple yogurt inf: plain yogurt	19 cinnamon granola inf: go bananas cereal milk	20 orange raisin & seed oatie	21 organic blossoms milk
lunch	chickpea chowder brown rice green beans inf: steamed green beans	pollo cacciatore lentil bolognese whole grain penne veggie rainbow inf: green peas	beef & barley stew lentil & mushroom stew mini potatoes inf: whole wheat pita sweet corn	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	vegetarian pasta bake cucumber
	blueberry sauce	banana	mango	banana	orange
pm snack	greek salad inf: pumpkin-red lentil purée roasted red pepper loaf	apple organic crispbread crackers hummus	orange mini organic lemon 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 tomato salsa
am snack	24 organic multigrain squares milk	25 orange brioche bite	26 go bananas cereal milk	27 super smoothie vanilla maple yogurt inf: plain yogurt mango purée banana	28 apple cranberry-orange morning round
lunch	caldeirada fish loco lima beans quinoa green peas	black beans in salsa whole wheat wrap inf: multigrain pocket bun sour cream baby spinach, carrot & beet matchsticks apple cider vinaigrette inf: sweet potato-carrot purée	masala fish sunshine dahl brown rice coleslaw inf: blended coleslaw	beef bolognese lentil bolognese whole grain penne veggie rainbow inf: steamed green beans	mac'n cheese cucumber
	pear inf: apple-banana purée	apple	mango	orange	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

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