

fuelling healthy futures™



sheet pan greek chicken

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

# january 2026 menu

	monday	tuesday	wednesday	thursday	friday
am snack	<b>5</b> organic blossoms milk	<b>6</b> melon müesli morning round	<b>7</b> go bananas cereal milk	<b>8</b> orange lemon cranberry muffin	<b>9</b> hard boiled egg brioche bite
lunch	<b>pollo cacciatore</b> <b>lentil bolognese</b> multigrain pocket bun green peas	<b>sunshine dahl</b> basmati rice green peas & carrots cucumber raita	<b>paprika chicken</b> <b>chickpea patty</b> multigrain pita bun samurai carrot salad inf: blended samurai carrot salad	<b>lentil bolognese</b> whole grain rotini red cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée	<b>tuna &amp; salmon pasta bake</b> <b>tomato-lentil sauce w/chickpea spirals</b> mini broccoli
pm snack	orange  cheddar or mozzarella cheese cracked wheat crackers	apple  baby carrots inf/tod: kiwi brown rice cakes spinach-organic tofu dip	pear inf: apple-mango-beet purée  <b>yogurt parfait</b> honey yogurt inf: plain yogurt cinnamon granola inf: mini-moon biscuit	mango  apple sourdough crackers inf: organic crispbread crackers beany basil dip	apple  <b>banana roll up</b> whole wheat wrap inf: multigrain pocket bun cocoa hummus banana
am snack	<b>12</b> apple brown rice cakes organic raspberry fruit spread	<b>13</b> pear inf: apple-banana purée vanilla maple yogurt inf: plain yogurt	<b>14</b> cinnamon granola inf: go bananas cereal milk	<b>15</b> pear inf: apple-banana purée raisin & seed oatie	<b>16</b> organic blossoms milk
lunch	<b>garbanzo bean tajine</b> brown rice green beans inf: steamed green beans	<b>provençal fish filet</b> <b>red pepper quiche</b> quinoa green peas	<b>beef &amp; bean chili</b> <b>chili chili bang bang</b> mini potatoes inf: whole wheat pita sweet corn	<b>greek chicken wrap</b> <b>sheet pan greek chicken</b> <b>navy beans w/spinach</b> whole wheat wrap inf: multigrain pocket bun brocco-kale mix tzatziki inf: sweet potato-carrot purée	<b>marinara meatball sandwich</b> <b>marinara organic turkey meatballs</b> <b>marinara falafel bites</b> multigrain pocket bun cucumber
pm snack	blueberry sauce  tomato bruschetta roasted red pepper loaf	banana  apple organic crispbread crackers hummus	mango  orange mini organic lemon cookies inf: mini-moon biscuit milk	banana  apple whole wheat raisin bread maple soft cheese	orange  baby carrots inf/tod: soft carrots tortilla crisps inf/tod: cracked wheat crackers tomato salsa

= herbivore protein inf/tod = infant/toddler substitute

milk and/or water are offered at meals and snacks



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am snack	<b>19</b> whole grain squares milk	<b>20</b> orange brioche bite	<b>21</b> go bananas cereal milk	<b>22</b> <b>super smoothie</b> vanilla maple yogurt inf: plain yogurt strawberry purée banana	<b>23</b> apple cranberry-orange morning round
lunch	<b>caldeirada fish</b> <b>sweet &amp; sour sauce</b> w/organic tofu quinoa green peas  pear inf: apple-banana purée	<b>mexican beef burrito filling</b> <b>bean burrito filling</b> whole wheat wrap inf: multigrain pocket bun sour cream red cabbage & spinach salad balsamic dressing inf: sweet potato-carrot purée  apple	<b>carrot &amp; flax fish</b> <b>spinach quiche</b> yellow rice coleslaw inf: blended coleslaw  mango	<b>lentil bolognese</b> whole grain penne veggie rainbow inf: mini broccoli  orange	<b>mac'n cheese</b> cucumber  banana
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	apple cocoa-beet loaf	baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes golden miso dip
am snack	<b>26</b> pear inf: applesauce cheddar or mozzarella cheese	<b>27</b> kiwi whole wheat raisin bread apple butter	<b>28</b> organic blossoms milk	<b>29</b> mango whole wheat blueberry scone	<b>30</b> cinnamon granola inf: organic blossoms milk
lunch	<b>groovy organic chicken meatballs</b> <b>groovy falafel bites</b> potato mash sweet corn  apple	<b>tomato-spinach frijoles</b> basmati rice shredded cheddar napa cabbage & spinach salad ranch dressing w/organic tofu inf: pumpkin-red lentil purée  banana	<b>gong bao chicken</b> <b>gong bao tofu</b> quinoa bell pepper inf: apple-mango-beet purée  orange	<b>masala fish</b> <b>mushroom quiche</b> whole wheat roll green beans inf: steamed green beans  banana	<b>vegetarian pasta bake</b> brocco-kale mix maple samurai vinaigrette inf: sweet potato-carrot purée  orange
pm snack	greek salad inf: pumpkin-red lentil purée folded basil loaf	<b>egg wrap</b> whole wheat wrap inf: multigrain pocket bun hard boiled egg picklickious 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

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