



chickpea crusted
chicken meteorites

the real food promise



real food with real ingredients:

- no artificial: colours, flavours or sweeteners
- no added nitrates or nitrites



wild Skipjack tuna & Canadian salmon, sustainably-sourced



whole grains throughout the menu

from Ontario farms:



- pasture-raised beef without added hormones or routine antibiotics*
 - organic chicken meatballs and turkey
- *some exceptions may apply to accommodate religious needs



focus on fruits, vegetables & products grown & produced locally & sustainably



dairy products & organic tofu



globally inspired dishes



we advocate for mandatory labelling of GMOs

peanut & tree nut free

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	monday	tuesday	wednesday	thursday	friday
am snack	7	8	9	10	11
lunch	Labour Day		masala fish mushroom quiche yellow rice green beans inf: steamed green beans	chicken fricasée texan kidney beans quinoa bell pepper inf: spinach-coconut purée	beef & bean chili chili chili bang bang whole wheat garlic baguette tiny chopped salad apple cider vinaigrette inf: cauliflower-carrot-coconut purée
pm snack		pear inf: apple-pear purée	watermelon	orange	apple
am snack	14	15	16	17	18
lunch	pear inf: apple-pear purée whole wheat blueberry scone new!	marinara beef meatballs marinara falafel bites whole wheat pasta steamed carrots	paprika chicken curried lentils red & white quinoa coleslaw inf: blended coleslaw	sunshine dahl brown rice veggie rainbow inf: mini broccoli cucumber raita	salmon casserole tomato-lentil sauce w/rice pasta tiny chopped salad ranch dressing w/ organic tofu inf: cauliflower-carrot-coconut purée
pm snack	egg cracker stacker cracked wheat crackers mayo w/organic tofu hard boiled egg	diced melon	banana	apple	orange
am snack					
lunch					
pm snack					
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= herbivore protein inf/tod = infant/toddler substitute



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am snack	21 organic multigrain squares milk	22 cheddar or mozzarella cheese cracked wheat crackers	23 organic brown rice blossoms milk	24 pear inf: apple-pear purée cranberry-orange morning round	25 fruit pizza ^{new!} whole wheat flatbread apple butter banana
lunch	garbanzo bean tajine brown rice sweet corn orange	mexican beef burrito filling bean burrito filling whole wheat wrap inf: whole wheat pita green beans inf: steamed green beans sour cream pear inf: apple-pear purée	chickpea crusted chicken meteorites chickpea patty tricolour pasta salad steamed carrots real food ketchup banana	skipjack tuna salad spinach quiche ^{new!} whole wheat bread lettuce garnish garnish not for infants minestrone soup orange	beef & barley stew lentil & mushroom stew quinoa napa cabbage & spinach salad maple samurai vinaigrette inf: spinach-coconut purée pineapple
pm snack	apple apple-cinnamon snacking round	vanilla maple yogurt inf: plain yogurt granola inf: organic brown rice blossoms	tortilla crisps inf/tod: multigrain rocket bun avocado bean guacamole	apple croissant	cucumber puffed rice square dill soft cheese
am snack	28 apple organic quinoa crunchies	29 organic super O's milk	30 hard boiled egg croissant	1 organic multigrain squares milk	2 pear inf: applesauce muesli morning round
lunch	sri lankan chicken white bean curry brown rice green peas & carrots pear inf: banana-pear purée	bean burrito filling whole wheat wrap inf: whole wheat pita green peas shredded cheddar mango sauce	beef burger chickpea patty multigrain pita bun beet & carrot salad inf: blended beet & carrot salad real food ketchup apple	new england fish chowdah bean cassoulet quinoa cucumber orange	vegetarian pasta bake romaine lettuce caesar dressing w/ organic tofu inf: sweet potato-carrot purée banana
pm snack	cheddar bites cracked wheat crackers	apple mini cocoa cookies inf: apple-cinnamon snacking round milk	cucumber sundried tomato pasta salad	banana roll up whole wheat wrap inf: puffed rice square cocoa chic'pea spread banana	mini pizza whole wheat pita marinara sauce shredded cheddar

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