

fuelling healthy futures™



tomato-spinach frijoles

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 chicken & 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

april 2024 menu

	monday	tuesday	wednesday	thursday	friday
am snack	1 organic blossoms milk	2 apple brioche bite	3 organic multigrain squares milk	4 pear inf: orange whole wheat blueberry scone	5 banana roll up whole wheat wrap inf: multigrain rocket bun apple butter banana
lunch	sri lankan chicken white bean curry quinoa sweet corn strawberry sauce	garbanzo bean tajine brown rice mini broccoli orange	beef & bean chili chili bang bang whole wheat pita crisp lettuce caesar dressing w/organic tofu inf: sweet potato-carrot purée banana	soup & sammy hummus & cheddar cheese slice multigrain pita bun crisp lettuce garnish garnish not for infants squash & coconut soup apple	trinidadian curry beef trinidadian curry tofu brown & red rice napa cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée orange
pm snack	orange cranberry-orange morning round	vanilla maple yogurt inf: plain yogurt gluten free oat & quinoa cocoa bar inf: apple pie snacking rounds	apple tortilla crisps inf/tod: brown rice cakes tomato salsa	crunchy green beans & baby carrots inf/tod: roasted sweet potato cracked wheat crackers spinach-organic tofu dip	bell pepper inf: cucumber brown rice cakes cream cheese
am snack	8 organic super O's cereal milk	9 apple müesli morning round	10 hard boiled egg brioche bite	11 organic multigrain squares milk	12 yogurt parfait honey yogurt inf: plain yogurt organic strawberry granola
lunch	mexican beef burrito filling bean burrito filling whole wheat wrap inf: multigrain rocket bun green peas & carrots pear inf: apple-banana purée	provençal fish filet red pepper quiche brown rice steamed carrots orange	burrito bowl black beans in salsa quinoa sweet corn sour cream apple	beef burger chickpea patty multigrain pita bun real food ketchup fruity carrot salad inf: blended fruity carrot salad banana	vegetarian pasta bake beet & carrot matchsticks baby spinach caesar dressing w/organic tofu inf: sweet potato-carrot purée apple
pm snack	apple chocolate chip cookie inf: mini moon biscuit milk	mini pizza frena bun marinara sauce shredded cheddar	banana roll up whole wheat wrap inf: plain yogurt cocoa chic'pea spread banana	cucumber chickpea crisps inf/tod: cracked wheat crackers dilly dip	cheddar or mozzarella cheese cracked wheat crackers

= herbivore protein inf/tod = infant/toddler substitute

milk or water offered at lunch

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april 2024 menu

	monday	tuesday	wednesday	thursday	friday
am snack	15 orange apple cinnamon loaf <small>new!</small>	16 granola inf: organic blossoms milk	17 orange whole wheat raisin bread apple butter	18 organic blossoms milk	19 super smoothie vanilla maple yogurt inf: plain yogurt mango sauce banana
lunch	groovy organic chicken meatballs groovy falafel bites quinoa green peas	bolognese w/organic tofu whole grain elbows steamed carrots	carrot & flax fish spinach quiche whole wheat pita green beans inf: steamed green beans	lentil shepherd's pie mini broccoli	beef & bean chili chili chili bang bang onion bread brocco-kale mix balsamic dressing inf: apple-mango-beet purée
	pear inf: apple-banana purée	banana	apple	orange	apple
pm snack	baby carrots inf/tod: soft carrots whole wheat pita hummus	melon apple pie snacking rounds	mini tomatoes inf/tod: kiwi pita crackers inf/tod: multigrain rocket bun avocado bean guacamole	pear inf: pumpkin-red lentil purée cracked wheat crackers dill soft cheese	cucumber brown rice cakes beany basil dip
am snack	22 organic multigrain squares milk	23 kiwi apple-cinnamon morning round	24 applesauce raisin & seed oatie	25 apple cheddar or mozzarella cheese	26 organic super O's cereal milk
lunch	earth day meal tomato-spinach frijoles red & white quinoa green peas & carrots	masala fish mushroom quiche basmati rice veggie rainbow inf: mini broccoli	beef bolognese lentil bolognese whole grain penne steamed carrots	chicken fajita curried lentils whole wheat wrap inf: roasted sweet potato coleslaw inf: blended coleslaw sour cream	mac'n cheese baby romaine maple samurai vinaigrette inf: sweet potato-carrot purée
	pineapple	banana	orange	pear inf: apple-banana purée	apple
pm snack	egg salad wrap whole wheat wrap inf: multigrain rocket bun hard boiled egg ranch dressing w/organic tofu	apple whole wheat pita cocoa chic'pea spread	baby carrots, broccoli & cauliflower inf/tod: cucumber cracked wheat crackers red pepper hummus	greek salad inf: pumpkin-red lentil purée folded basil loaf	banana brown rice cakes sunflower butter*

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* YMCA centres will receive cream cheese

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