



## 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

	monday	tuesday	wednesday	thursday	friday
am snack	<b>1</b> organic super O's milk	<b>2</b> applesauce granola pucks	<b>3</b> apple whole wheat raisin focaccia organic blueberry fruit spread	<b>4</b> organic multigrain squares milk	<b>5</b> pear inf: banana-pear purée whole wheat blueberry scone
lunch	<b>new</b> <b>new</b> <b>new</b> <b>new</b> <b>new</b> <b>new</b> new england fish chowdah red pepper quiche wheat bun green beans inf: steamed green beans	<b>beef bolognese</b> <b>lentil bolognese</b> whole grain pasta steamed carrots	<b>chicken sandwich</b> <b>paprika chicken</b> <b>curried lentils</b> multigrain pita bun coleslaw inf: blended coleslaw	<b>sunshine dahl</b> brown rice veggie rainbow inf: mini broccoli cucumber raita	<b>mac'n cheese</b> romaine lettuce ranch dressing w/organic tofu inf: spinach-coconut purée
pm snack	<b>egg cracker stacker</b> hard boiled egg cracked wheat crackers mayo w/organic tofu	cheddar or mozzarella cheese puffed rice square	baby carrots inf/tod: steamed carrots organic vegetable crackers spinach-organic tofu dip	apple croissant	tomato bruschetta whole wheat garlic baguette
am snack	<b>8</b> organic brown rice blossoms milk	<b>9</b> apple cheddar or mozzarella cheese	<b>10</b> organic multigrain squares milk	<b>11</b> orange cranberry-orange morning round	<b>12</b> <b>fruit pizza</b> whole wheat flatbread apple butter banana
lunch	<b>garbanzo bean</b> <b>tajine</b> quinoa green beans inf: steamed green beans	<b>mexican beef</b> <b>burrito filling</b> <b>bean burrito filling</b> whole wheat wrap inf: whole wheat pita sweet corn sour cream	<b>chickpea crusted</b> <b>chicken meteorites</b> <b>chickpea patty</b> tricolour pasta salad cucumber real food ketchup	<b>carrot &amp; flax fish</b> <b>spinach quiche</b> brown rice tiny chopped salad maple samurai vinaigrette inf: cauliflower-carrot- coconut purée	<b>beef &amp; barley stew</b> <b>lentil &amp;</b> <b>mushroom stew</b> mini potatoes inf/tod: whole wheat pita green peas
pm snack	apple zucchini muffin	<b>yogurt parfait</b> vanilla maple yogurt inf: plain yogurt granola inf: organic quinoa crunchies	baby carrots inf/tod: steamed carrots whole wheat mini bagel hummus	apple tortilla crisps inf/tod: multigrain rocket bun avocado bean guacamole	cucumber cracked wheat crackers cream cheese

= herbivore protein inf/tod = infant/toddler substitute



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am snack	<b>15</b> organic super O's milk	<b>16</b> kiwi organic quinoa crunchies	<b>17</b> hard boiled egg croissant	<b>18</b> organic multigrain squares milk	<b>19</b> apple müesli morning round
lunch	<b>sri lankan chicken white bean curry</b> quinoa green beans inf: steamed green beans  pear inf: banana-pear purée	<b>bean burrito filling</b> whole wheat wrap inf: whole wheat pita sweet corn shredded cheddar  apple	<b>beef burger chickpea patty</b> multigrain pita bun real food ketchup fruity carrot salad inf: blended fruity carrot salad  pear inf: banana-pear purée	<b>gong bao chicken gong bao tofu</b> basmati rice mini broccoli  strawberry sauce	<b>mac'n cheese</b> napa cabbage & spinach salad creamy parsley-lemon dressing inf: sweet potato-carrot purée  banana
pm snack	applesauce cinnamon-raisin snacking round	orange oatmeal cookie inf: apple-cinnamon snacking round milk	<b>irish flag snackivity</b> broccoli & cauliflower baby carrots inf/tod: cucumber cracked wheat crackers hummus	<b>banana roll up</b> whole wheat wrap inf: puffed rice square cocoa chic'pea spread banana	<b>mini pizza</b> whole wheat focaccia marinara sauce shredded cheddar
am snack	<b>22</b> pear inf: banana-pear purée cheddar bites	<b>23</b> granola inf: organic brown rice blossoms milk	<b>24</b> applesauce whole wheat mini bagel maple soft cheese	<b>25</b> organic super O's milk	<b>26</b> <b>super smoothie</b> vanilla maple yogurt inf: plain yogurt orange-vanilla blend banana
lunch	<b>groovy organic chicken meatballs</b> <b>marinara falafel bites</b> potato mash green peas  orange	<b>bolognese w/organic tofu</b> whole grain pasta green peas & carrots  apple	<b>masala fish mushroom quiche</b> yellow rice bell pepper inf: apple-mango-beet purée  orange	<b>chicken fricassée texan kidney beans</b> quinoa cucumber  apple	<b>beef &amp; bean chili chili chili bang bang</b> whole wheat garlic baguette tiny chopped salad balsamic dressing inf: cauliflower-carrot-coconut purée  pear inf: banana-pear purée
pm snack	apple cocoa beet loaf milk	melon trail mix inf: organic quinoa crunchies	tomato salsa multigrain & chia crisps inf/tod: whole wheat pita	<b>veggie roll up</b> whole wheat wrap inf: organic crispbread lettuce garnish garnish not for infants carrot matchsticks inf: cucumber red pepper hummus	baby carrots inf/tod: roasted sweet potato falafel bites dilly dip

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am snack	<b>29</b> organic super O's milk	<b>30</b> applesauce granola pucks	<b>31</b> orange whole wheat raisin focaccia organic blueberry fruit spread	<b>1</b> organic multigrain squares milk	<b>2</b>
lunch	<b>new england fish chowdah</b> bean cassoulet whole wheat pita green beans inf: steamed green beans	<b>marinara beef meatballs</b> marinara falafel bites whole grain pasta green peas & carrots	<b>chicken sandwich paprika chicken</b> curried lentils multigrain pita bun coleslaw inf: blended coleslaw	<b>sunshine dahl</b> brown rice cucumber cucumber raita	<b>Good Friday</b>
	apple	pear inf: banana-pear purée	banana	kiwi	
pm snack	<b>egg cracker stacker</b> hard boiled egg cracked wheat crackers mayo w/organic tofu	cheddar or mozzarella cheese puffed rice square	apple organic quinoa crunchies	baby carrots inf/tod: steamed carrots organic vegetable crackers ranch dressing w/organic tofu	

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## Get your apples ready for the Great Big Crunch



### Crunch For A National Healthy School Food Program!

On March 11th at 2:30pm EST, join RFRK, the Coalition for Healthy School Food and over 300,000 other Canadians for the Great Big Crunch and send a message that it is time for a Healthy, Universal School Food Program for Canada.

Take an in-sync bite at childcare, school or home and know we'll be crunching along with you remotely too! Snap some pics of those "crunch faces" and share them using #GreatBigCrunch and tag us @realfoodforrealkids

Learn more about this amazing initiative at [www.healthyschoolfood.ca/great-big-crunch](http://www.healthyschoolfood.ca/great-big-crunch)

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(valid until April 1st, 2021,  
for first-time customers only)

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