



white bean curry

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

november 2023 menu

	monday	tuesday	wednesday	thursday	friday
am snack	6 organic multigrain squares milk	7 pear inf: apple-banana purée cranberry-orange morning round	8 applesauce granola pucks	9 diced melon cheddar or mozzarella cheese	10 organic crispy O's cereal inf: organic blossoms milk
lunch	sunshine dahl brown rice green peas & carrots	masala fish mushroom quiche sweet potato mash veggie rainbow inf: mini broccoli	marinara beef meatballs marinara falafel bites whole grain elbows green beans inf: steamed green beans	chicken fajita curried lentils whole wheat wrap inf: multigrain rocket bun coleslaw inf: blended coleslaw	mac'n cheese red cabbage & spinach salad maple samurai vinaigrette inf: sweet potato-carrot purée
pm snack	pineapple egg salad wrap whole wheat wrap inf: multigrain rocket bun hard boiled egg ranch dressing w/organic tofu	orange apple puffed rice round cocoa chic'pea spread	banana baby carrots, broccoli & cauliflower inf/tod: cucumber cracked wheat crackers red pepper hummus	pear inf: apple-banana purée tomato bruschetta folded basil loaf	apple banana whole wheat blueberry scone
am snack	13 organic blossoms milk	14 diwali mango lassi vanilla maple yogurt inf: plain yogurt mango sauce muesli morning round	15 organic multigrain squares milk	16 pear inf: orange whole wheat mini bagel maple soft cheese	17 banana roll up whole wheat wrap inf: multigrain rocket bun apple butter banana
lunch	white bean curry brown & red rice sweet corn pear inf: apple-banana purée	beef & bean chili chili bang bang quinoa mini broccoli apple	meteorite wrap chickpea crusted chicken meteorites chickpea patty whole wheat wrap inf: multigrain rocket bun napa cabbage & spinach salad 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 whole wheat pita baby spinach, beet & carrot matchsticks creamy parsley-lemon dressing inf: sweet potato-carrot purée orange
pm snack	apple zucchini muffin	orange brioche bite	strawberries tortilla crisps inf/tod: puffed rice round avocado bean guacamole	baby carrots inf/tod: cucumber cracked wheat crackers beany basil dip	bell pepper inf: apple-mango-beet purée organic crispbread crackers spinach-organic tofu dip

= herbivore protein inf/tod = infant/toddler substitute

milk or water offered at lunch

fuelling healthy futures™



white bean curry

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

november 2023 menu

	monday	tuesday	wednesday	thursday	friday
am snack	20 organic crispy O's cereal inf: organic blossoms milk	21 apple cranberry-orange morning round	22 hard boiled egg brioche bite	23 honey yogurt inf: apple-banana purée organic strawberry granola	24 organic multigrain squares milk
lunch	pollo cacciatore lentil bolognese whole grain penne green peas	provençal fish filet red pepper quiche brown rice steamed carrots	bean burrito bean burrito filling whole wheat wrap inf: multigrain rocket bun sweet corn sour cream	beef burger chickpea patty multigrain pita bun real food ketchup beet & carrot salad inf: blended beet & carrot salad	mac'n cheese baby romaine caesar dressing w/organic tofu inf: sweet potato-carrot purée
pm snack	pear inf: apple-banana purée	banana	applesauce	orange	apple
pm snack	apple ginger cookie inf: carrot muffin milk	mini pizza frena bun marinara sauce shredded cheddar	crunchy green beans & baby carrots inf/tod: steamed green beans cheddar or mozzarella cheese	cucumber chickpea crisps inf/tod: cracked wheat crackers dilly dip	banana roll up whole wheat wrap inf: plain yogurt cocoa chic'pea spread banana
am snack	27 orange pumpkin loaf	28 granola inf: organic multigrain squares milk	29 apple whole wheat raisin bread organic blueberry fruit spread	30 organic blossoms milk	1 super smoothie vanilla maple yogurt inf: plain yogurt strawberry sauce banana
lunch	white bean curry brown rice green peas	beef bolognese lentil bolognese whole grain penne steamed carrots	carrot & flax fish spinach quiche onion bread green beans inf: steamed green beans	chicken & wild rice stew lentil & mushroom stew quinoa coleslaw inf: blended coleslaw	chili chili bang bang brown & red rice brocco-kale mix apple cider vinaigrette inf: sweet potato-carrot purée
pm snack	apple	orange	banana	pear inf: apple-banana purée	apple
pm snack	baby carrots inf/tod: steamed carrots cracked wheat crackers hummus	melon crunchy trail mix inf: carrot muffin	pita crackers inf/tod: puffed rice round cheddar or mozzarella cheese	apple cinnamon-raisin snacking round	cucumber whole wheat pita dill soft cheese

= herbivore protein inf/tod = infant/toddler substitute

milk or water offered at lunch