



trinidadian curry beef

## 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

	monday	tuesday	wednesday	thursday	friday
am snack	4	5	6	7	8
lunch	Labour Day	🌿 <b>lentil bolognese</b> whole grain pasta green peas & carrots  apple	🌿 <b>carrot &amp; flax fish</b> 🌿 <b>sunshine dahl</b> onion bread green beans inf: steamed green beans  banana	🌿 <b>chicken &amp; wild rice stew</b> 🌿 <b>lentil &amp; mushroom stew</b> quinoa mini broccoli  orange	🌿 <b>beef &amp; bean chili</b> 🌿 <b>chili chili bang bang</b> brown & red rice brocco-kale mix balsamic dressing inf: apple-banana purée  apple
pm snack		cheddar or mozzarella cheese cracked wheat crackers	applesauce cinnamon-raisin snacking round	apple pumpkin loaf	cucumber pita crackers inf/tod: puffed rice round avocado bean guacamole
am snack	11	12	13	14	15
lunch	organic multigrain squares milk  🌿 <b>tomato-spinach frijoles</b> brown rice green peas & carrots  pineapple	pear inf: apple-banana purée cheddar or mozzarella cheese  🌿 <b>masala fish</b> 🌿 <b>chili chili bang bang</b> red & white quinoa veggie rainbow inf: mini broccoli  orange	applesauce apple-cinnamon morning round  🌿 <b>marinara beef meatballs</b> 🌿 <b>marinara falafel bites</b> whole grain pasta green beans inf: steamed green beans  banana	pineapple, melon & orange organic quinoa crunchies  🌿 <b>chicken fajita</b> 🌿 <b>curried lentils</b> whole wheat wrap inf: multigrain rocket bun coleslaw inf: blended coleslaw  apple	organic crispy O's inf: organic blossoms milk  🌿 <b>mac'n cheese</b> red cabbage & spinach salad maple samurai vinaigrette inf: spinach-coconut purée  orange
pm snack	cheddar or mozzarella cheese whole wheat wrap inf: multigrain rocket bun ranch dressing w/organic tofu	apple puffed rice round cocoa chic'pea spread	baby carrots, broccoli & cauliflower inf/tod: cucumber cracked wheat crackers red pepper hummus	tomato bruschetta folded basil loaf	banana whole wheat blueberry scone

🌿 = herbivore protein inf/tod = infant/toddler substitute

no whole egg menu to accommodate severe allergies  
milk or water offered at lunch



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am snack	<b>18</b> organic multigrain squares milk	<b>19</b> pineapple muesli morning round	<b>20</b> organic crispy O's inf: apple-cinnamon snacking round milk	<b>21</b> pear inf: apple-banana purée whole wheat mini bagel maple soft cheese	<b>22</b> <b>banana roll up</b> whole wheat wrap inf: organic quinoa crunchies apple butter banana
lunch	<b>sri lankan chicken</b> <b>white bean curry</b> brown & red rice sweet corn 	<b>sunshine dahl</b> quinoa mini broccoli 	<b>meteorite wrap</b> <b>chickpea crusted chicken meteorites</b> <b>chickpea patty</b> whole wheat wrap inf: multigrain rocket bun napa cabbage & spinach salad caesar dressing w/organic tofu inf: sweet potato-carrot purée	<b>soup &amp; sammy</b> <b>hummus &amp; cheddar cheese slice</b> multigrain pita bun crisp lettuce garnish garnish not for infants squash & coconut soup 	<b>trinidadian curry beef</b> <b>trinidadian curry tofu</b> yellow rice baby spinach, beet & carrot matchsticks creamy parsley-lemon dressing inf: apple-banana purée 
pm snack	orange apple banana muffin	apple <b>yogurt parfait</b> vanilla maple yogurt inf: plain yogurt granola inf: apple-mango-beet purée	orange tortilla crisps inf: puffed rice round avocado bean guacamole	apple baby carrots inf/tod: roasted sweet potato cracked wheat crackers beany basil dip	orange bell pepper inf: apple-mango-beet purée puffed rice round spinach-organic tofu dip
am snack	<b>25</b> organic crispy O's inf: organic blossoms milk	<b>26</b> apple cranberry-orange morning round	<b>27</b> cheddar or mozzarella cheese brioche bite	<b>28</b> honey yogurt inf: apple-banana purée organic quinoa crunchies	<b>29</b> organic multigrain squares milk
lunch	<b>pollo cacciatore</b> <b>lentil bolognese</b> whole grain pasta green peas	<b>provençal fish filet</b> <b>loco lima beans</b> brown rice steamed carrots 	<b>bean burrito</b> <b>bean burrito filling</b> whole wheat wrap inf: multigrain rocket bun sweet corn sour cream 	<b>beef burger</b> <b>chickpea patty</b> multigrain pita bun real food ketchup beet & carrot salad inf: blended beet & carrot salad	<b>mac'n cheese</b> baby romaine caesar dressing w/organic tofu inf: sweet potato-carrot purée 
pm snack	pear inf: apple-banana purée apple ginger cookie inf: zucchini muffin milk	banana <b>mini pizza</b> frena bun marinara sauce shredded cheddar 	applesauce crunchy green beans & baby carrots inf/tod: steamed green beans cheddar bites	orange cucumber chickpea crisps inf/tod: cracked wheat crackers dilly dip	apple <b>banana roll up</b> whole wheat wrap inf: plain yogurt cocoa chic'pea spread banana