



great big crunch

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

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globally inspired dishes



we advocate for mandatory labelling of GMOs

peanut & tree nut free

#RFRKeveryday | rfrk.com

	monday	tuesday	wednesday	thursday	friday
am snack	2 pear inf: apple-pear purée granola pucks	3 granola inf: organic brown rice blossoms milk	4 whole wheat raisin focaccia organic raspberry fruit spread milk	5 organic multigrain squares milk	6 banana muesli morning round
lunch	white bean curry brown rice green peas	beef bolognese lentil bolognese whole grain pasta steamed carrots	paprika chicken curried lentils red & white quinoa coleslaw inf: blended coleslaw	tomato-spinach frijoles yellow rice veggie rainbow inf: mini broccoli shredded cheddar	mac chick 'n cheese vegan cheese sauce w/rice pasta tiny chopped salad ranch dressing w/ organic tofu inf: cauliflower-carrot-coconut purée diced melon
pm snack	apple	orange	banana	apple	apple
pm snack	egg cracker stacker cracked wheat crackers mayo w/organic tofu hard boiled egg	apple cheddar bites	veggie pizza whole wheat pita cream cheese cucumber	carrot matchsticks inf: steamed carrots whole wheat wrap inf: organic crispbread lettuce garnish garnish not for infants red pepper hummus	tomato bruschetta multigrain & chia crisps inf/tod: puffed rice square
am snack	9 organic super O's milk	10 cheddar or mozzarella cheese cracked wheat crackers	11 pear inf: apple-pear purée cranberry-orange morning round	12 organic brown rice blossoms milk	13 fruit pizza whole wheat flatbread apple butter banana
lunch	garbanzo bean tajine brown rice sweet corn	mexican beef burrito filling bean burrito filling whole wheat wrap inf: whole wheat pita green beans inf: steamed green bean sour cream	chickpea crusted chicken meteorites chickpea patty tricolour pasta salad steamed carrots real food ketchup	tuna salad sandwich spinach quiche multigrain pita bun lettuce garnish garnish not for infants minestrone soup	beef & barley stew lentil & mushroom stew quinoa napa cabbage & spinach salad maple samurai vinaigrette inf: spinach-coconut purée
pm snack	orange	apple	banana	pineapple	orange
pm snack	apple banana muffin	vanilla maple yogurt inf: plain yogurt granola inf: apple-mango-beet purée	tortilla crisps inf/tod: multigrain rocket bun avocado bean guacamole	apple croissant	cucumber puffed rice square dill soft cheese

= herbivore protein inf/tod = infant/toddler substitute

milk offered with all lunches. water or milk offered with snacks.



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am snack	16 apple organic quinoa crunchies	17 organic super O's milk	18 hard boiled egg croissant	19 organic multigrain squares milk	20 pear inf: applesauce muesli morning round
lunch	sri lankan chicken white bean curry quinoa green peas & carrots pear inf: banana-pear purée	bean burrito filling whole wheat wrap inf: whole wheat pita sweet corn shredded cheddar strawberry sauce	beef burger chickpea patty multigrain pita bun fruity carrot salad inf: blended fruity carrot salad real food ketchup diced melon	gong bao chicken gong bao tofu basmati rice broccoli trees inf/tod: steamed broccoli apple	vegetarian pasta bake romaine lettuce caesar dressing w/ organic tofu inf: sweet potato-carrot purée banana
pm snack	cheddar bites cracked wheat crackers	apple ginger cookie 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
am snack	23 orange blueberry-lemon loaf milk 	24 granola inf: organic brown rice blossoms milk	25 orange whole wheat mini bagel cream cheese	26 organic super O's milk	27 super smoothie vanilla maple yogurt inf: plain yogurt orange-vanilla blend banana
lunch	groovy organic chicken meatballs marinara falafel bites half whole wheat pita potato mash green peas pear inf: banana-pear purée	lentil bolognese whole grain pasta steamed carrots apple	masala fish mushroom quiche yellow rice bell pepper inf: spinach-coconut purée banana	chicken fricasée texan kidney beans quinoa green beans inf: steamed green bean orange	beef & bean chili chili chili bang bang whole wheat garlic baguette tiny chopped salad apple cider vinaigrette inf: cauliflower-carrot-coconut purée apple
pm snack	applesauce cinnamon-raisin snacking round	melon trail mix inf: organic quinoa crunchies	cucumber cracked wheat crackers red pepper hummus	tortilla crisps inf/tod: organic crispbread avocado bean guacamole	baby carrots broccoli & cauliflower inf/tod: roasted sweet potato puffed rice square dilly dip

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