

september 2023 menu



	monday	tuesday	wednesday	thursday	friday
am snack	4	5 applesauce organic quinoa crunchies	6 orange organic strawberry granola	7 organic multigrain squares milk	8 super smoothie vanilla maple yogurt inf: plain yogurt strawberry sauce banana
lunch	Labour Day		lentil bolognese whole grain pasta green peas & carrots apple	carrot & flax fish spinach quiche onion bread green beans inf: steamed green beans banana	chicken & wild rice stew lentil & mushroom stew quinoa mini broccoli orange
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 organic multigrain squares milk	12 pear inf: apple-banana purée cheddar or mozzarella cheese	13 applesauce apple-cinnamon morning round	14 pineapple, melon & orange organic quinoa crunchies	15 organic crispy O's inf: organic blossoms milk
lunch	tomato-spinach frijoles brown rice green peas & carrots pineapple	masala fish mushroom quiche red & white quinoa veggie rainbow inf: mini broccoli orange	marinara beef meatballs marinara falafel bites whole grain pasta green beans inf: steamed green beans banana	chicken fajita curried lentils whole wheat wrap inf: multigrain rocket bun coleslaw inf: blended coleslaw apple	mac'n cheese red cabbage & spinach salad maple samurai vinaigrette inf: spinach-coconut purée orange
pm snack	egg salad wrap whole wheat wrap inf: multigrain rocket bun hard boiled egg 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

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

= herbivore protein inf/tod = infant/toddler substitute

milk or water offered at lunch



trinidadian curry beef

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am snack	18 organic multigrain squares milk	19 pineapple muesli morning round	20 organic crispy O's inf: apple-cinnamon snacking round milk	21 pear inf: apple-banana purée whole wheat mini bagel maple soft cheese	22 banana roll up whole wheat wrap inf: organic quinoa crunchies apple butter banana
lunch	sri lankan chicken white bean curry brown & red rice sweet corn 	sunshine dahl quinoa mini broccoli	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	soup & sammy hummus & cheddar cheese slice multigrain pita bun crisp lettuce garnish garnish not for infants squash & coconut soup 	trinidadian curry beef trinidadian curry tofu yellow rice baby spinach, beet & carrot matchsticks creamy parsley-lemon dressing inf: apple-banana purée
pm snack	orange apple banana muffin	apple yogurt parfait 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	25 organic crispy O's inf: organic blossoms milk	26 apple cranberry-orange morning round	27 hard boiled egg brioche bite	28 honey yogurt inf: apple-banana purée organic quinoa crunchies	29 organic multigrain squares milk
lunch	pollo cacciatore lentil bolognese whole grain pasta 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 apple ginger cookie inf: zucchini muffin milk	banana mini pizza 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 banana roll up whole wheat wrap inf: plain yogurt cocoa chic'pea spread banana

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