

december 2018 menu



the real food promise



real food with real ingredients



globally inspired dishes



whole grain products used throughout the menu

from Ontario farms or Canadian coastlines:



- pasture-raised beef without added hormones or routine antibiotics*
- organic turkey
- wild caught, Ocean Wise™ salmon & tuna



focus on fruits, vegetables & products grown & produced locally & sustainably



dairy products & organic tofu

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no artificial: colours, flavours or sweeteners
no added nitrates or nitrites

we advocate for the mandatory labelling of GMOs

*some exceptions may apply to accommodate religious needs

peanut & tree nut free



	monday	tuesday	wednesday	thursday	friday
am snack	3 orange banana muffin	4 granola inf: organic brown rice puffs milk	5 whole wheat mini bagel organic blueberry fruit spread milk	6 organic super O's milk	7 super smoothie banana apple-banana blend plain yogurt
lunch	chick-a-noodle soup h: bean noodle soup focaccia slice green beans inf: steamed green beans	beef bolognese h: lentil bolognese whole grain pasta bell peppers inf: spinach-coconut purée	black beans in salsa whole wheat wrap inf: multigrain slider sweet corn shredded cheddar	chicken & wild rice stew h: loco lima beans quinoa cucumber	chili w/organic turkey h: chili chili bang bang brown & red rice napa cabbage & spinach salad balsamic dressing inf: cauliflower-carrot-coconut purée
pm snack	pear inf: pear-banana purée applesauce cinnamon-raisin snacking round	apple melon trail mix inf: plain yogurt	banana cucumber celery & cauliflower inf/tod: cucumber organic vegetable crackers red pepper hummus	orange tomato salsa tortilla crisps inf/tod: flax & whole wheat pita	apple baby carrots inf/tod: roasted sweet potato puffed rice square spinach-organic tofu dip
am snack	10 organic multigrain squares milk	11 hard boiled egg date-chia morning round	12 melon granola pucks	13 clementine croissant	14 organic super O's milk
lunch	bean cassoulet whole wheat roll green peas	marinara beef meatballs h: marinara falafel bites whole grain pasta steamed carrots	jerk chicken h: texan kidney beans red & white quinoa coleslaw inf: blended coleslaw	sunshine dahl basmati rice veggie rainbow inf: mini broccoli cucumber raita	mac chick 'n cheese h: vegan cheese sauce w/rice pasta cucumber
pm snack	orange cracked wheat crackers cheddar bites	pear inf: apple-pear purée apple flax & whole wheat pita cocoa chic'pea spread	banana slider sandwiches multigrain slider cucumber dill soft cheese	blueberry sauce tomato bruschetta whole wheat garlic baguette	pineapple banana roll up whole wheat wrap inf: flax & whole wheat pita banana no-nut butter

h = herbivore protein inf/tod = infant/toddler substitute
fish-free menu to accommodate severe allergies

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



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am snack	17 flax & whole wheat pita cheddar bites	18 granola inf: organic brown rice puffs milk	19 orange brioche bite	20 applesauce muesli morning round	21 organic multigrain squares milk
lunch	mexican beef burrito filling h: bean burrito filling whole wheat wrap inf: multigrain slider sweet corn sour cream orange	chickpea chowder quinoa cucumber apple	chickpea crusted chicken meteorites h: chickpea patty tricolour pasta salad peas & carrots real food ketchup banana	madagascar chicken h: slow cooked beans brown rice napa cabbage & spinach salad apple cider vinaigrette inf: spinach-coconut purée diced melon	beef & barley stew h: lentil & mushroom stew whole wheat garlic baguette mini broccoli banana
pm snack	apple cocoa-beet loaf milk	pear inf: apple-mango-beet purée gingerbread kids inf: plain yogurt milk	tomato salsa tortilla crisps inf/tod: flax & whole wheat pita	cucumber croissant	baby carrots & mini tomatoes inf/tod: steamed carrots puffed rice square hummus
am snack	24 organic super O's milk	25	26	27 applesauce organic quinoa crunchies	28 granola inf: organic brown rice puffs milk
lunch	roasted chicken w/groovy gravy h: groovy falafel bites half flax & whole wheat pita potato mash green peas pear inf: pear-banana purée	Happy Holidays! 		chili chili bang bang brown rice sweet corn orange	vegetarian pasta bake cucumber diced melon
pm snack	apple brioche bite	Boxing Day		cheddar cheese puffed rice square	mini pizza flax & whole wheat pita marinara sauce shredded cheddar

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cocoa chic'pea spread

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am snack	31 hard boiled egg carrot muffin	1 	2 organic quinoa crunchies applesauce	3 granola inf: organic brown rice puffs milk	4 whole wheat mini bagel organic raspberry fruit spread milk
lunch	chick-a-noodle soup h: beany noodle soup focaccia slice green beans inf: steamed green beans pear inf: pear-banana purée	Happy New Year! 	black beans in salsa whole wheat wrap inf: multigrain slider sweet corn shredded cheddar clementine	chicken & wild rice stew h: loco lima beans quinoa cucumber banana	chili w/organic turkey h: chili chili bang bang brown & red rice napa cabbage & spinach salad balsamic dressing inf: cauliflower-carrot-coconut purée apple
pm snack	apple cinnamon-raisin snacking round		cheddar cheese puffed rice square	tortilla crisps inf/tod: flax & whole wheat pita avocado-organic tofu dip	baby carrots inf/tod: roasted sweet potato organic vegetable crackers spinach-organic tofu dip

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NEW Cocoa Chic'Pea Spread

At RFRK we're pretty big fans of the **mighty chickpea**. A well-known ingredient in savoury dishes like hummus, falafel and chana masala, we've now given the versatile chickpea a **sweet, brand new look (and taste!)** in RFRK's Cocoa Chic'Pea Spread.



Chickpeas are a great source of **plant-based protein, fibre, iron, zinc, phosphorus, B vitamins and more** to nourish young minds. Cocoa Chic'Pea is **spreadable goodness kids will love**.

Launching this month as a PM snack, this smooth, dreamy spread is sure to turn heads of all ages!

Le spread, c'est chic!

