



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



august 2017 menu

	monday	tuesday	wednesday	thursday	friday
lunch	31 paprika chicken h: curried lentils red rice veggie rainbow inf: green peas & carrots melon	1 black bean & organic tofu quinoa sweet corn apple inf: kiwi	2 tuna salad sandwich h: organic tofu salad sandwich multigrain pita bun lettuce garnish note: garnish not for infants carrot-squash soup orange	3 chickpea crusted chicken meteorites h: falafel bites whole wheat wrap inf: whole wheat pita romaine lettuce caesar dressing w/organic tofu inf: mini broccoli apple inf: pear-banana purée	4 beef fagioli h: lentil bolognese whole grain pasta steamed carrots seasonal fruit
pm snack	baby carrots inf/tod: puffed rice square cheddar bites	orange cocoa-beet loaf milk	cucumber stone wheat crackers red pepper hummus	whole wheat pita tomato bruschetta	baby carrots, celery & cauliflower inf/tod: cucumber organic crispbread dilly dip
lunch	7 Civic Holiday	8 vegetarian pasta bake green peas & carrots orange	9 beef burger h: chickpea patty multigrain pita bun real food ketchup mini broccoli melon	10 mexican bean burrito whole wheat wrap inf: whole wheat pita sour cream bell peppers inf: spinach-coconut purée apple inf: kiwi	11 carrot & flax fish h: sunshine dahl basmati rice tiny chopped salad balsamic dressing inf: green peas & carrots strawberry-apple sauce
pm snack		cheddar cheese puffed rice square	tortilla crisps inf/tod: stone wheat crackers avocado-organic tofu dip	mini tomatoes & cucumber inf/tod: cucumber puffed rice square spinach-organic tofu dip	raw tricolour carrots inf/tod: steamed carrots organic crispbread hummus

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

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



tuna salad sandwich

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lunch	14 salmon casserole h: lasagna sauce w/rice pasta green peas apple inf: pear-banana purée	15 marinara beef meatballs h: lentil bolognese multigrain rocket bun romaine lettuce caesar dressing w/organic tofu inf: mini broccoli pear inf: kiwi	16 chicken fricassée h: sweet & sour sauce w/organic tofu quinoa tiny chopped salad maple samurai vinaigrette inf: green peas apple inf: apple-mango-beet purée	17 chickpea crusted chicken meteorites h: falafel bites garlic baguette real food ketchup veggie rainbow inf: sweet potato-carrot-coco purée orange	18 tomato-spinach frijoles yellow rice shredded cheddar sweet corn watermelon
pm snack	baby carrots inf/tod: orange organic corn & quinoa cake no-nut butter	applesauce organic quinoa crunchies	cucumber sundried tomato pasta salad	baby carrots inf/tod: steamed carrots focaccia slice dilly dip	stone wheat crackers cheddar bites
lunch	21 beef & bean chili h: lentil stew quinoa green peas & carrots strawberry-apple sauce	22 paprika chicken h: red pepper quiche whole wheat pita tiny chopped salad balsamic dressing inf: cucumber seasonal fruit	23 chickpea chowder couscous veggie rainbow inf: mini broccoli apple inf: kiwi	24 fish bolognese h: bolognese w/organic tofu whole grain pasta steamed carrots melon	25 sri lankan chicken h: white bean curry brown rice bell peppers inf: spinach-coconut purée banana
pm snack	apple trail mix inf: plain yogurt	melon mini organic lemon cookies inf: organic quinoa crunchies milk	baby carrots & sugar snap peas inf/tod: applesauce puffed rice square ranch dip w/organic tofu	tortilla crisps inf/tod: stone wheat crackers tomato salsa inf/tod: hummus	cracker stackers cucumber rice crackers inf: organic crispbread sundried tomato soft cheese

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PREMIER'S AWARD FOR
AGRI-FOOD INNOVATION EXCELLENCE

Award Recipient



FOOD IN CANADA'S
2016 LEADERSHIP
AWARDS

	monday	tuesday	wednesday	thursday	friday
	28	29	30	31	1
lunch	jerk chicken h: curried lentils red rice veggie rainbow inf: green peas & carrots melon	black bean & organic tofu quinoa sweet corn apple inf: kiwi	madagascar chicken sandwich h: organic tofu salad sandwich multigrain pita bun lettuce garnish note: garnish not for infants carrot-squash soup seasonal fruit	chickpea crusted chicken meteorites h: falafel bites whole wheat wrap inf: whole wheat pita romaine lettuce caesar dressing w/organic tofu inf: mini broccoli apple inf: pear-banana purée	beef fagioli h: lentil bolognese whole grain pasta steamed carrots banana
pm snack	baby carrots inf/tod: puffed rice square cheddar bites	orange cocoa-beet loaf milk	cucumber stone wheat crackers red pepper hummus	whole wheat pita tomato bruschetta	baby carrots, celery & cauliflower inf/tod: cucumber organic crispbread dilly dip

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Hey, parents!

Want to know what your little one eats every day? Now it's super easy with *What's Cookin'*, the RFRK monthly newsletter!

What's Cookin' includes:

- our monthly menus
- parent resources
- delicious & nutritious recipes & food tips
- community events

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