

january 2018 menu



new england fish chowder

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

PREMIER'S AWARD FOR
AGRI-FOOD INNOVATION EXCELLENCE

Award Recipient



FOOD IN CANADA'S
2016 LEADERSHIP
AWARDS

	monday	tuesday	wednesday	thursday	friday
am snack	1	2	3	4	5
lunch	Happy New Year!	beef bolognese h: lentil bolognese whole grain pasta green peas & carrots apple inf: orange	falafel bites whole wheat pita dilly dip cucumber & tomato salad melon pear inf: applesauce trail mix inf: organic crispbread	whole wheat mini bagel organic blueberry fruit spread milk chicken & wild rice stew h: loco lima beans quinoa mini broccoli clementine tortilla crisps inf/tod: ancient grains cracklebread avocado-organic tofu dip inf/tod: hummus	super smoothie banana orange-vanilla blend plain yogurt chili w/organic turkey h: chili chili bang bang brown & red rice tiny chopped salad apple cider vinaigrette inf: cauliflower-carrot-coconut purée apple inf: kiwi cucumber, celery & cauliflower inf/tod: cucumber organic corn & quinoa cake spinach-organic tofu dip
pm snack		cheddar cheese puffed rice square			
am snack	8	9	10	11	12
lunch	new england fish chowdah h: bean cassoulet whole wheat pita green peas orange	marinara beef meatballs h: marinara falafel bites whole grain pasta steamed carrots apple inf: apple-mango-beet purée	jerk chicken h: texan kidney beans red & white quinoa coleslaw inf: blended coleslaw banana	sunshine dahl basmati rice cucumber raita veggie rainbow inf: mini broccoli blueberry sauce	mac chick 'n cheese h: pesto rice pasta w/organic tofu romaine lettuce ranch dressing w/organic tofu inf: sweet potato-carrot purée melon
pm snack	cheddar cheese puffed rice square	slider sandwiches cucumber multigrain slider dill soft cheese	baby carrots inf/tod: steamed carrots stone wheat crackers beany basil dip	garlic baguette tomato bruschetta	fruit pizza banana whole wheat pita no-nut butter

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

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



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am snack	15 puffed rice square cheddar bites	16 granola inf: organic brown rice puffs milk	17 clementine brioche bite	18 applesauce müesli morning round	19 organic multigrain squares milk
lunch	mexican beef burrito h: bean burrito whole wheat wrap inf: multigrain slider sour cream sweet corn orange	chickpea chowder quinoa cucumber apple inf: apple-banana purée	chickpea crusted chicken meteorites h: chickpea patty tricolour pasta salad real food ketchup steamed carrots banana	provençal fish filet h: red pepper quiche brown rice napa cabbage & spinach salad maple samurai vinaigrette inf: spinach-coconut purée melon	beef & barley stew h: lentil stew whole wheat roll mini broccoli banana
pm snack	apple cocoa-beet loaf milk	kiwi trail mix inf: organic quinoa crunchies	tortilla crisps inf/tod: stone wheat crackers avocado-organic tofu dip inf/tod: hummus	bell peppers inf: orange croissant	raw tricolour carrots inf/tod: cucumber puffed rice square hummus
am snack	22 apple organic quinoa crunchies	23 organic super O's milk	24 orange apple-cinnamon snacking round	25 organic multigrain squares milk	26 melon raisin bread cream cheese
lunch	mediterranean chicken h: navy beans w/spinach quinoa green peas & carrots pear inf: pear-banana purée	ratatouille w/organic tofu brown rice zucchini, red pepper & corn salad inf: sweet corn strawberry sauce	beef burger h: chickpea patty multigrain pita bun real food ketchup carrot-squash soup melon	coconut-lemon fish ragoût h: coconut-lemon bean ragoût couscous mini broccoli banana	vegetarian pasta bake romaine lettuce caesar dressing w/organic tofu inf: sweet potato-carrot purée apple inf: banana
pm snack	organic crispbread cheddar bites	apple ginger cookie inf: brioche bite milk	cucumber sundried tomato pasta salad	baby carrots & mini tomatoes inf/tod: steamed carrots stone wheat crackers beany basil dip	mini pizza whole wheat pita marinara sauce shredded cheddar

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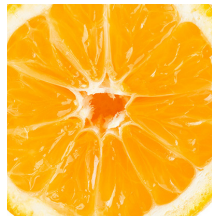
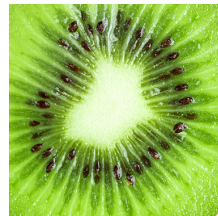
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	monday	tuesday	wednesday	thursday	friday
am snack	29 orange carrot muffin	30 granola inf: organic brown rice puffs milk	31 whole wheat mini bagel organic raspberry fruit spread milk	1 organic super O's milk	2 super smoothie banana orange-vanilla blend plain yogurt
lunch	groovy organic chicken meatballs h: marinara falafel bites brioche bite potato mash green peas pear inf: pear-banana purée	beef bolognese h: lentil bolognese whole grain pasta bell peppers inf: spinach-coconut purée apple inf: orange	falafel bites whole wheat pita dilly dip cucumber & tomato salad banana	chicken & wild rice stew h: loco lima beans quinoa mini broccoli clementine	chili w/organic turkey h: chili chili bang bang brown & red rice tiny chopped salad apple cider vinaigrette inf: cauliflower-carrot-coconut purée apple inf: kiwi
pm snack	applesauce cranberry-orange snacking round	melon trail mix inf: organic quinoa crunchies	baby carrots & sugar snap peas inf/tod: steamed carrots organic crackers red pepper hummus	tortilla crisps inf/tod: ancient grains crackbread tomato salsa inf/tod: applesauce	cucumber, celery & cauliflower inf/tod: cucumber organic quinoa cakes spinach-organic tofu 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
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