

enabling & inspiring a lifetime of healthy eating

november 2020 menu



beef & bean chili

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

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	monday	tuesday	wednesday	thursday	friday
am snack	16 organic multigrain squares milk	17 cheddar or mozzarella cheese cracked wheat crackers	18 organic brown rice blossoms milk	19 pear inf: sweet potato-carrot purée cranberry-orange morning round	20 fruit pizza whole wheat flatbread apple butter banana
lunch	caldereida fish sweet & sour sauce w/organic tofu brown rice sweet corn	bean burrito filling whole wheat wrap inf: whole wheat pita green peas & carrots shredded cheddar	chickpea crusted chicken meteorites chickpea patty tricolour pasta salad steamed carrots real food ketchup	Meatball and Cheese Sandwiches cucumber slices	Pizza Day Fresh Fruit
	orange	pear inf: apple-mango-beet purée	banana	apple	
pm snack	apple zucchini muffin	vanilla maple yogurt inf: plain yogurt granola inf: organic brown rice blossoms	tortilla crisps inf/tod: multigrain rocket bun avocado bean guacamole	apple croissant	baby carrots inf/tod: steamed carrots puffed rice square dill soft cheese
am snack	23 apple organic quinoa crunchies	24 organic super O's milk	25 cheese croissant	26 organic multigrain squares milk	27 pear inf: applesauce müesli morning round
lunch	sri lankan chicken white bean curry brown rice green peas & carrots	bean burrito filling whole wheat wrap inf: whole wheat pita green peas shredded cheddar	beef burger chickpea patty multigrain pita bun beet & carrot salad inf: blended beet & carrot salad real food ketchup	new england fish chowdah bean cassoulet quinoa cucumber	vegetarian pasta bake romaine lettuce caesar dressing w/organic tofu inf: sweet potato-carrot purée
	pear inf: spinach-coconut purée	strawberry sauce	apple	orange	banana
pm snack	cheddar bites cracked wheat crackers	apple choco-chip cookie inf: apple-cinnamon snacking round milk	baby carrots inf/tod: steamed carrots 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

= herbivore protein inf/tod = infant/toddler substitute

