

enabling & inspiring a lifetime of healthy eating



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
 - 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	6 Labour Day	7 granola inf: organic brown rice blossoms milk	8 apple organic quinoa crunchies	9 organic super O's milk	10 super smoothie vanilla maple yogurt inf: plain yogurt orange-vanilla blend banana
lunch	Labour Day	7 bolognese w/organic tofu whole grain pasta green peas & carrots	8 masala fish mushroom quiche focaccia slice bell pepper inf: apple-mango-beet purée	9 beef meatball sandwich cucumbers	10 beef & bean chili chili chili bang bang brown & red rice tiny chopped salad apple cider vinaigrette inf: cauliflower-carrot-coconut purée
pm snack		7 pear inf: banana-pear purée	8 orange	9 fruit	10 stone fruit
am snack	13 organic multigrain squares milk	14 cheddar or mozzarella cheese focaccia slice	15 applesauce granola pucks	16 diced melon organic quinoa crunchies	17 organic super O's milk
lunch	13 pizza day	14 carrot & flax fish spinach quiche red & white quinoa veggie rainbow inf: mini broccoli	15 marinara beef meatballs marinara falafel bites whole grain pasta steamed carrots	16 chicken sandwich paprika chicken curried lentils multigrain pita bun coleslaw inf: blended coleslaw	17 mac'n cheese napa cabbage & spinach salad maple samurai vinaigrette inf: spinach-coconut purée
pm snack	13 cheese cracked wheat crackers avocado bean guacamole	14 apple whole wheat pita cocoa chic'pea spread	15 cucumber puffed rice square dilly dip	16 tomato bruschetta whole wheat garlic baguette	17 banana whole wheat blueberry scone

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

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	monday	tuesday	wednesday	thursday	friday
am snack	20 organic brown rice blossoms milk	21 orange müesli morning round	22 organic multigrain squares milk	23 apple mini whole wheat bagel maple soft cheese	24 fruit pizza whole wheat flatbread apple butter banana
lunch	20 sri lankan chicken white bean curry brown & red rice sweet corn	21 chickpea chowder wheat bun mini broccoli	22 chickpea crusted chicken meteorites chickpea patty real food ketchup tricolour pasta salad green beans inf: steamed green beans	23 paprika chicken sandwich minestrone soup	24 beef & tomato pumpkin & beans quinoa tiny chopped salad creamy parsley-lemon dressing inf: cauliflower-carrot-coconut purée
pm snack	20 strawberry sauce	21 pear inf: banana-pear purée	22 kiwi	23 pear inf: apple-pear purée	24 orange
am snack	27 organic super O's milk	28 kiwi cranberry-orange morning round	29 cheese focaccia slice	30 apple organic quinoa crunchies	1 organic multigrain squares milk
lunch	27 pollo cacciatore lentil bolognese whole grain pasta green peas	28 provençal fish filet red pepper quiche brown rice steamed carrots	29 bean burrito filling whole wheat wrap inf: multigrain rocket bun sweet corn sour cream	30 beef burger chickpea patty multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad	1 pizza day
pm snack	27 orange	28 pear inf: apple-banana purée	29 banana	30 diced melon	1 apple
pm snack	27 apple choco-chip cookie inf: banana muffin milk	28 mini pizza whole wheat focaccia marinara sauce shredded cheddar	29 apple cheddar bites	30 mini tomatoes inf/tod: roasted sweet potato roasted red pepper loaf hummus	1 banana roll up whole wheat wrap inf: puffed rice square cocoa chic'pea spread banana

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