

fuelling healthy futures™



## the real food promise

real food with real ingredients:



- no artificial: colours, flavours or sweeteners
- no added nitrates or nitrites
- whole grains used throughout the menu



wild Skipjack tuna & Canadian salmon, sustainably-sourced & MSC-certified

proudly from Ontario:



organic or raised without antibiotics poultry, pasture-raised beef without added hormones or routine antibiotics\*

\*some exceptions may apply to accommodate religious needs



dairy products & organic tofu



local fruits & veggies prioritized



- ingredients sourced without GMOs
- committed to reducing the carbon footprint of our menus



globally & culturally inspired dishes

peanut & tree nut free

rfrk.com

	monday	tuesday	wednesday	thursday	friday
<b>lunch</b>	<b>30</b> sri lankan chicken white bean curry quinoa sweet corn apple	<b>31</b> chili chili bang bang basmati rice steamed carrots shredded cheddar orange	<b>1</b> beef burger chickpea patty multigrain pita bun real food ketchup fruity carrot salad inf: blended fruity carrot salad apple	<b>2</b> marinara organic turkey meatballs marinara falafel bites multigrain pocket bun red cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée orange	<b>3</b> Good Friday 
<b>lunch</b>	<b>6</b> chickpea chowder brown rice green beans inf: steamed green beans orange	<b>7</b> provençal fish filet loco lima beans quinoa green peas banana	<b>8</b> trinidadian curry beef trinidadian curry tofu basmati rice sweet corn pineapple	<b>9</b> chickpea crusted chicken meteorites falafel bites whole wheat wrap inf: multigrain pocket bun brocco-kale mix caesar dressing w/organic tofu inf: sweet pea-kale purée banana	<b>10</b> vegetarian pasta bake cucumber blueberry sauce
<b>lunch</b>	<b>13</b> chick-a-noodle soup beany noodle soup onion bread sweet corn pear inf: apple-mango-beet purée	<b>14</b> black beans in salsa whole wheat wrap inf: multigrain pocket bun sour cream red cabbage & spinach salad apple cider vinaigrette inf: sweet potato-carrot purée apple	<b>15</b> carrot & flax fish spinach quiche yellow rice coleslaw inf: blended coleslaw pineapple	<b>16</b> beef bolognese lentil bolognese whole grain penne veggie rainbow inf: mini broccoli orange	<b>17</b> mac'n cheese cucumber banana
<b>lunch</b>	<b>20</b> jerk chicken texan kidney beans potato mash green peas apple	<b>21</b> sunshine dahl basmati rice cucumber raita napa cabbage & spinach salad ranch dressing w/organic tofu inf: pumpkin-red lentil purée banana	<b>22</b> chicken & wild rice stew lentil & mushroom stew quinoa bell pepper inf: sweet potato & bell pepper purée orange	<b>23</b> masala fish mushroom quiche whole wheat roll green beans inf: steamed green beans banana	<b>24</b> vegetarian pasta bake brocco-kale mix maple samurai vinaigrette inf: sweet pea-kale purée orange

= herbivore protein inf/tod = infant/toddler substitute

milk and/or water are offered at lunch

fuelling healthy futures™



	monday	tuesday	wednesday	thursday	friday
<b>lunch</b>	<b>27</b> sri lankan chicken white bean curry multigrain pocket bun sweet corn  apple	<b>28</b> chili chili bang bang basmati rice steamed carrots shredded cheddar  pear inf: apple-mango-beet purée	<b>29</b> chicken sandwich madagascar chicken chickpea patty multigrain pita bun fruity carrot salad inf: blended fruity carrot salad  orange	<b>30</b> bolognese w/organic tofu whole grain rotini red cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée  pineapple	<b>1</b> tuna & salmon pasta bake tomato-lentil sauce w/chickpea spirals mini broccoli  orange

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

milk and/or water are offered at meals and snacks

## the real food promise

### real food with real ingredients:



- no artificial: colours, flavours or sweeteners
- no added nitrates or nitrites
- whole grains used throughout the menu



wild Skipjack tuna & Canadian salmon, sustainably-sourced & MSC-certified

### proudly from Ontario:



organic or raised without antibiotics poultry, pasture-raised beef without added hormones or routine antibiotics\*

\*some exceptions may apply to accommodate religious needs



dairy products & organic tofu



local fruits & veggies prioritized



- ingredients sourced without GMOs
- committed to reducing the carbon footprint of our menus



globally & culturally inspired dishes

peanut & tree nut free

rfrk.com

## Madagascar Chicken is BACK AND ready to make at home!



This globally inspired main features a marinade that's all about celebrating delicious diversity, with 14 different herbs & spices working together in harmony. It's perfect for kids who are starting to explore new tastes while still keeping the flavours friendly for little palates. Paired with juicy, organic Ontario chicken thighs, this amazing combination will be sending your family's taste buds on an international trip!

Fun fact: This recipe was developed with help from one of our Cook Team members who has been with us since 2006. We love when great food comes with a heartwarming story!

Our Real Food Recipes are only available through our monthly newsletter, *What's Cookin'*, so subscribe now so you don't miss out when this recipe drops on March 26th.

scan to sign up

