

fuelling healthy futures™



groovy gravy

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 chicken 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

lunch 2

october 2024 menu

	monday	tuesday	wednesday	thursday	friday
am snack	30 orange pumpkin loaf	1 cinnamon granola inf: go bananas cereal milk	2 apple whole wheat raisin bread organic raspberry fruit spread	3 organic blossoms milk	4 super smoothie vanilla maple yogurt inf: plain yogurt blueberry purée banana new!
lunch	groovy organic chicken meatballs groovy falafel bites potato mash green peas & carrots	bolognese w/organic tofu whole wheat roll steamed carrots	carrot & flax fish spinach quiche quinoa bell pepper inf: pumpkin-red lentil purée	tomato-spinach frijoles whole wheat pita mini broccoli	beef & bean chili chili chili bang bang brown & red rice green beans inf: steamed green beans
pm snack	apple baby carrots inf/tod: soft carrots cracked wheat crackers beay basil dip	orange melon raisin & seed oatie	banana mini tomatoes inf/tod: orange organic crispbread crackers tomato salsa	pear inf: apple-mango-beet purée apple cinnamon bun snacking rounds	apple cucumber brown rice cakes hummus
am snack	7 organic multigrain squares milk	8 applesauce raisin & seed oatie	9 pear inf: apple-banana purée cheddar or mozzarella cheese	10 diced melon organic quinoa crunchies	11 organic super O's cereal milk
lunch	sunshine dahl red & white quinoa green peas & carrots	masala fish mushroom quiche wheat bun veggie rainbow inf: mini broccoli	beef bolognese lentil bolognese whole grain penne steamed carrots	chicken fajita curried lentils whole wheat wrap inf: multigrain rocket bun coleslaw inf: blended coleslaw	friendsgiving feast roasted chicken w/groovy gravy groovy falafel bites whole wheat pita red cabbage & spinach salad maple samurai vinaigrette inf: apple-mango-beet purée
pm snack	orange apple cracked wheat crackers cocoa chic'pea spread	banana egg salad wrap whole wheat wrap inf: multigrain rocket bun hard boiled egg ranch dressing w/organic tofu	apple baby carrots & broccoli inf/tod: cucumber brown rice cakes hummus	pineapple greek salad inf: pumpkin-red lentil purée roasted red pepper loaf	apple banana brioche bite

= herbivore protein inf/tod = infant/toddler substitute

milk and/or water are offered at meals and snacks

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am snack	14	15	16	17	18
lunch	<p>Happy Thanksgiving</p>	<p>applesauce cinnamon bun snacking rounds</p> <p>chickpea chowder focaccia slice green peas & carrots</p> <p>orange</p> <p>cheddar or mozzarella cheese brown rice cakes</p>	<p>cinnamon granola inf:go bananas cereal milk</p> <p>masala fish mushroom quiche quinoa napa cabbage & spinach salad caesar dressing w/organic tofu inf: sweet potato-carrot purée</p> <p>banana</p> <p>baby carrots inf/tod: orange cracked wheat crackers cream cheese</p>	<p>pear inf: apple-banana purée organic quinoa crunchies</p> <p>soup & sammy hummus & cheddar cheese slice multigrain pita bun crisp lettuce garnish garnish not for infants squash & coconut soup</p> <p>apple</p> <p>hard boiled egg brioche bite</p>	<p>banana roll up whole wheat wrap inf: apple pie snacking rounds apple butter banana</p> <p>trinidadian curry beef trinidadian curry tofu brown rice baby spinach, beet & carrot matchsticks creamy parsley-lemon dressing inf: pumpkin-red lentil purée</p> <p>orange</p> <p>bell pepper inf: apple-mango-beet purée tortilla crisps inf/tod: brown rice cakes beany basil dip</p>
pm snack					
am snack	21	22	23	24	25
lunch	<p>organic super O's cereal milk</p> <p>pollo cacciatore lentil bolognese onion bread green peas</p> <p>pear inf: pumpkin-red lentil purée</p> <p>apple oatmeal cookie inf: mini moon biscuit milk</p>	<p>apple cranberry-orange morning round</p> <p>provençal fish filet red pepper quiche brown rice steamed carrots</p> <p>banana</p> <p>mini pizza frena bun marinara sauce shredded cheddar</p>	<p>hard boiled egg brioche bite</p> <p>bean burrito bean burrito filling whole wheat wrap inf: multigrain rocket bun sweet corn sour cream</p> <p>apple</p> <p>crunchy green beans & baby carrots inf/tod: steamed green beans cheddar bites</p>	<p>honey yogurt inf: apple-banana purée organic quinoa crunchies</p> <p>beef burger chickpea patty multigrain pita bun real food ketchup beet & carrot salad inf: blended beet & carrot salad</p> <p>orange</p> <p>cucumber chickpea crisps inf/tod: cracked wheat crackers dilly dip</p>	<p>organic multigrain squares milk</p> <p>tuna & salmon pasta bake tomato-lentil sauce w/chickpea spirals baby romaine caesar dressing w/organic tofu inf: sweet potato-carrot purée</p> <p>apple</p> <p>banana roll up whole wheat wrap inf: plain yogurt cocoa chic'pea spread banana</p>
pm snack					

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am snack	28 orange pumpkin loaf	29 cinnamon granola inf: organic strawberry granola milk	30 apple whole wheat raisin bread organic raspberry fruit spread	31 go bananas cereal milk	1 diwali mango lassi vanilla maple yogurt inf: plain yogurt mango purée new! banana
lunch	white bean curry whole wheat roll green peas	beef bolognese lentil bolognese whole grain penne steamed carrots	carrot & flax fish spinach quiche onion bread green beans inf: steamed green beans	chicken & wild rice stew lentil & mushroom stew quinoa mini broccoli	chili chili bang bang whole wheat pita brocco-kale mix apple cider vinaigrette inf: pumpkin-red lentil purée
pm snack	apple mini tomatoes inf/tod: soft carrots cracked wheat crackers hummus	orange melon cinnamon bun snacking rounds	banana baby carrots inf/tod: kiwi organic crispbread crackers tomato salsa	pear inf: sweet potato-carrot purée halloween treat 🎃 spookie cookie inf: mini moon biscuit apple milk	apple bell pepper inf: cucumber brown rice cakes beany basil dip

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Real Food Recipes Are Coming!



Big news. After years of recipe requests, you'll soon be able to make RFRK's most popular meals & snacks with your family at home! Your kid will think you're a superhero, recreating their favourite meals.

Exclusive Recipes Landing Monthly

Starting with October's edition, these recipes are only available to active subscribers of our monthly newsletter **What's Cookin'** - so scan the QR code to sign up today! Just in time for Halloween, our first recipe release is the beloved **Cocoa Chic'pea Spread!** You won't want to miss this.

scan to sign up

