

fuelling healthy futures™



chili chili bang bang

## 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

# january 2025 menu

	monday	tuesday	wednesday	thursday	friday
<b>am snack</b>	<b>30</b> applesauce organic quinoa crunchies	<b>31</b> apple cheddar bites	<b>1</b> <b>Happy New Year!</b>	<b>2</b> orange muesli morning round	<b>3</b> organic multigrain squares milk
<b>lunch</b>	<b>sunshine dahl</b> brown rice green peas & carrots cucumber raita	<b>masala fish mushroom quiche</b> wheat bun veggie rainbow inf: mini broccoli		<b>beef burger chickpea patty</b> multigrain pita bun real food ketchup sweet corn	<b>mac'n cheese</b> red cabbage & spinach salad maple samurai vinaigrette inf: pumpkin-red lentil purée
<b>pm snack</b>	pear inf: apple-mango-beet purée	banana		apple	kiwi
<b>am snack</b>	cheddar or mozzarella cheese cracked wheat crackers	<b>egg salad wrap</b> whole wheat wrap inf: whole wheat pita hard boiled egg beany basil dip		baby carrots inf/tod: kiwi brown rice cakes roasted garlic hummus	banana brioche bite
<b>lunch</b>	<b>6</b> go bananas cereal milk	<b>7</b> orange cranberry-orange morning round	<b>8</b> organic multigrain squares milk	<b>9</b> applesauce apple cinnamon loaf	<b>10</b> <b>banana roll up</b> whole wheat wrap inf: organic quinoa crunchies apple butter banana
<b>pm snack</b>	<b>caldereida fish sweet &amp; sour sauce w/organic tofu</b> mini potatoes inf: whole wheat pita sweet corn	<b>white bean curry</b> focaccia slice mini broccoli	<b>chicken caesar bowl chickpea crusted chicken meteorites</b> <b>falafel bites</b> quinoa crisp lettuce caesar dressing w/organic tofu inf: sweet potato-carrot purée	<b>trinidadian curry beef trinidadian curry tofu</b> onion bread green beans inf: steamed green beans	<b>tuna &amp; salmon pasta bake</b> <b>tomato-lentil sauce w/chickpea spirals</b> cucumber
<b>lunch</b>	apple	pear inf: apple-banana purée	banana	pear inf: pumpkin-red lentil purée	orange
<b>pm snack</b>	cheddar or mozzarella cheese brown rice cakes	<b>yogurt parfait</b> honey yogurt inf: plain yogurt cinnamon granola inf: apple-mango-beet purée	orange tortilla crisps inf/tod: brown rice cakes tomato salsa	apple cracked wheat crackers maple soft cheese	baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato brioche bite spinach-organic tofu dip

= herbivore protein inf/tod = infant/toddler substitute

milk and/or water are offered at meals and snacks

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lunch 2

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<b>am snack</b>	<b>13</b> organic super O's cereal milk	<b>14</b> melon organic quinoa crunchies	<b>15</b> hard boiled egg brioche bite	<b>16</b> organic multigrain squares milk	<b>17</b> apple vanilla maple yogurt inf: organic quinoa crunchies
<b>lunch</b>	<b>bean burrito filling</b> whole wheat wrap inf: multigrain pocket bun green peas	<b>provençal fish filet</b> <b>red pepper quiche</b> brown rice steamed carrots	<b>bean blean pocket</b> <b>black beans in salsa</b> multigrain pocket bun sweet corn sour cream	<b>beef burger</b> <b>chickpea patty</b> multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad	<b>pollo cacciatore</b> <b>lentil bolognese</b> whole grain penne napa cabbage & spinach salad creamy parsley-lemon dressing inf: sweet potato-carrot purée
<b>pm snack</b>	blueberry sauce  apple oatmeal cookie inf: mini moon biscuit milk	pear inf: apple-mango-beet purée  <b>mini pizza</b> frena bun marinara sauce shredded cheddar	apple  <b>banana roll up</b> whole wheat wrap inf: plain yogurt cocoa chic'pea spread banana	kiwi  cucumber chickpea crisps inf/tod: cracked wheat crackers dilly dip	banana  orange cinnamon bun snacking rounds
<b>am snack</b>	<b>20</b> orange apple-cinnamon morning round	<b>21</b> cinnamon granola inf: organic multigrain squares milk	<b>22</b> kiwi whole wheat raisin bread organic raspberry fruit spread	<b>23</b> go bananas cereal milk	<b>24</b> <b>super smoothie</b> vanilla maple yogurt inf: plain yogurt blueberry purée banana
<b>lunch</b>	<b>soup &amp; quinoa salad</b> <b>chick-a-noodle soup</b> <b>beany noodle soup</b> quinoa beet & carrot salad inf: blended beet & carrot salad	<b>tomato-spinach</b> <b>frijoles</b> focaccia slice steamed carrots	<b>carrot &amp; flax fish</b> <b>spinach quiche</b> potato mash bell pepper inf: apple-mango-beet purée	<b>chicken &amp;</b> <b>wild rice stew</b> <b>lentil &amp;</b> <b>mushroom stew</b> basmati rice mini broccoli	<b>filipino beef giniling</b> <b>chili chili bang bang</b> onion bread brocco-kale mix apple cider vinaigrette inf: sweet potato-carrot purée
<b>pm snack</b>	apple  baby carrots inf/tod: cucumber cracked wheat crackers beany basil dip	orange  melon cinnamon bun snacking rounds	pear inf: orange  apple pita crackers inf/tod: brown rice cakes tomato salsa	apple  banana cocoa-beet loaf	orange  cucumber brown rice cakes red pepper hummus

= herbivore protein inf/tod = infant/toddler substitute

milk and/or water are offered at meals and snacks

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am snack	<b>27</b> organic multigrain squares milk	<b>28</b> apple cheddar bites	<b>29</b> applesauce raisin & seed oatie	<b>30</b> melon organic quinoa crunchies	<b>31</b> organic super O's cereal milk
lunch	<b>sunshine dahl</b> focaccia slice green peas & carrots cucumber raita	<b>beef &amp; barley stew</b> <b>lentil &amp; mushroom stew</b> brown rice veggie rainbow inf: mini broccoli	<b>lunar new year lunch</b> <b>gong bao chicken</b> <b>gong bao tofu</b> wheat bun mini broccoli 	<b>masala fish</b> <b>mushroom quiche</b> quinoa coleslaw inf: blended coleslaw	<b>mac'n cheese</b> red cabbage & spinach salad maple samurai vinaigrette inf: pumpkin-red lentil purée
pm snack	pear inf: apple-banana purée	orange	banana	apple	orange
	apple cracked wheat crackers cocoa chic'pea spread	<b>egg salad wrap</b> whole wheat wrap inf: whole wheat pita hard boiled egg ranch dressing w/organic tofu	baby carrots & mini tomatoes inf/tod: cucumber brown rice cakes roasted garlic hummus	tomato bruschetta roasted red pepper loaf	banana whole wheat mini bagel sunbutter*

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\* YMCA centres will receive cream cheese

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## Hearty Plant-based Protein!

scan to sign up



Our **Chili Chili Bang Bang** has been a staple on our menu for years, and now it can be for your family too! As a healthy source of plant-based protein, this recipe offers a hearty but refreshing break from heavy holiday foods -- perfect for adding to your rotation to kick off the new year! Packed with a mix of beans, vegetables, and aromatic herbs & spices, it's classic comfort food that's simple to make & easy on the budget.

*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 December 27th!*