

july 2023 menu



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 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

	monday	tuesday	wednesday	thursday	friday
am snack	3	4	5	6	7
lunch	Canada Day	tomato-spinach frijoles focaccia slice green peas	beef bolognese lentil bolognese whole grain pasta mini broccoli	chicken fajita curried lentils whole wheat wrap inf: multigrain rocket bun sweet corn	mac'n cheese romaine lettuce creamy parsley-lemon dressing inf: sweet potato-carrot purée
pm snack		apple	banana	orange	apple
am snack	10	11	12	13	14
lunch	orange apple-cinnamon morning round	granola inf: organic multigrain squares milk	applesauce whole wheat raisin bread organic blueberry fruit spread	organic blossoms milk	super smoothie vanilla maple yogurt inf: plain yogurt blueberry sauce banana
pm snack	beef & bean chili chili chili bang bang whole wheat roll green peas	pollo cacciatore lentil bolognese basmati rice steamed carrots	carrot & flax fish spinach quiche onion bread cucumber	chicken fricassée texan kidney beans quinoa mini broccoli	chickpea chowder brown rice brocco-kale mix apple cider vinaigrette inf: cauliflower-carrot-coconut purée
pm snack	apple	banana	stone fruit	pear inf: apple-mango-beet purée	apple
pm snack	baby carrots inf/tod: cucumber cracked wheat crackers red pepper hummus	mini watermelon crunchy trail mix inf: organic quinoa crunchies	apple pita crackers inf/tod: puffed rice round avocado bean guacamole	banana cocoa-beet loaf	cucumber basil pesto pasta salad

= herbivore protein inf/tod = infant/toddler substitute

milk or water offered at lunch



july 2023 menu



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 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

	monday	tuesday	wednesday	thursday	friday
am snack	17 organic multigrain squares milk	18 applesauce cheddar or mozzarella cheese	19 apple granola pucks	20 apple slices ^{new!} organic quinoa crunchies	21 organic crispy O's inf: organic blossoms milk
lunch	sunshine dahl brown rice green peas & carrots cucumber raita	masala fish mushroom quiche red & white quinoa veggie rainbow inf: mini broccoli	marinara beef meatballs marinara falafel bites whole grain pasta steamed carrots	chicken fajita curried lentils whole wheat wrap inf: multigrain rocket bun coleslaw inf: blended coleslaw	mac'n cheese red cabbage & spinach salad maple samurai vinaigrette inf: spinach-coconut purée
pm snack	apple egg salad wrap whole wheat wrap inf: multigrain rocket bun hard boiled egg ranch dressing w/organic tofu	pineapple pear inf: apple-banana purée cracked wheat crackers cocoa chic'pea spread	banana baby carrots inf/tod: cucumber puffed rice round hummus	orange tomato bruschetta folded basil loaf	apple banana whole wheat mini bagel sunbutter*
am snack	24 organic blossoms milk	25 apple cranberry-orange morning round	26 organic multigrain squares milk	27 stone fruit carrot muffin	28 banana roll up whole wheat wrap inf: multigrain rocket bun apple butter banana
lunch	caldereida fish sweet & sour sauce w/organic tofu brown & red rice sweet corn	white bean curry basmati rice mini broccoli	meteorite wrap chickpea crusted chicken meteorites chickpea patty whole wheat wrap inf: multigrain rocket bun romaine lettuce ranch dressing w/organic tofu inf: sweet potato-carrot purée	filipino beef giniling chili chili bang bang quinoa green beans inf: steamed green beans	sheet pan greek chicken ^{it's back!} navy beans w/spinach onion bread greek salad tzatziki inf: spinach-coconut purée
pm snack	pear inf: apple-banana purée baby carrots inf/tod: roasted sweet potato cracked wheat crackers beany basil dip	banana yogurt parfait honey yogurt inf: plain yogurt granola inf: apple-mango-beet purée	apple strawberries tortilla crisps inf/tod: puffed rice round tomato salsa	orange strawberry sauce cinnamon-raisin snacking round	apple cucumber puffed rice round spinach-organic tofu dip

= herbivore protein inf/tod = infant/toddler substitute

* YMCA centres will receive cream cheese

milk or water offered at lunch