

fuelling healthy futures™



mac'n cheese

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	5 Civic Holiday	6	7	8	9
lunch		 bolognese w/organic tofu whole wheat pita green peas	 carrot & flax fish spinach quiche quinoa mini broccoli	 chicken fricassée texan kidney beans wheat bun sweet corn	 chickpea chowder brown rice brocco-kale mix apple cider vinaigrette inf: pumpkin-red lentil purée
pm snack		apple	banana	pear inf: apple-banana purée	apple
am snack	12 organic multigrain squares milk	13 applesauce cheddar or mozzarella cheese	14 orange raisin & seed oatie	15 pineapple müesli morning round	16 organic super O's cereal milk
lunch	 sunshine dahl focaccia slice green peas & carrots cucumber raita	 masala fish mushroom quiche brown rice veggie rainbow inf: mini broccoli	 beef bolognese lentil bolognese onion bread steamed carrots	 fajita bowl chicken fajita curried lentils quinoa coleslaw inf: blended coleslaw	 mac'n cheese red cabbage & spinach salad maple samurai vinaigrette inf: apple-mango-beet purée
pm snack	egg salad wrap whole wheat wrap inf: multigrain rocket bun hard boiled egg ranch dressing w/organic tofu	pear inf: apple-mango-beet purée whole wheat pita cocoa chic'pea spread	banana	orange	apple
pm snack		cheddar cheese w/onion & garlic cracked wheat crackers 	baby carrots inf/tod: kiwi pita crackers inf/tod: brown rice cakes beany basil dip	apple cocoa-zucchini loaf	cucumber organic crispbread crackers dill soft cheese
pm snack		apple	banana	tomato bruschetta folded basil loaf	banana cracked wheat crackers cream cheese

 = herbivore protein inf/tod = infant/toddler substitute

milk and/or water are offered at meals and snacks

fuelling healthy futures™



mac'n cheese

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	19 organic blossoms milk	20 kiwi cranberry-orange morning round	21 organic multigrain squares milk	22 pear inf: orange apple beet loaf	23 banana roll up whole wheat wrap inf: multigrain rocket bun apple butter banana
lunch	caldereida fish sweet & sour sauce w/organic tofu quinoa sweet corn	white bean curry whole wheat roll mini broccoli	chicken caesar bowl chickpea crusted chicken meteorites falafel bites brown rice crisp lettuce caesar dressing w/organic tofu inf: sweet potato-carrot purée	filipino beef giniling chili bang bang onion bread green beans inf: steamed green beans	paprika chicken curried lentils yellow rice cucumber
pm snack	apple 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 orange tortilla crisps inf/tod: brown rice cakes tomato salsa	stone fruit applesauce cinnamon bun snacking rounds	mini watermelon bell pepper inf: pumpkin-red lentil purée brown rice cakes spinach-organic tofu dip
am snack	26 organic super O's cereal milk	27 applesauce muesli morning round	28 hard boiled egg brioche bite	29 apple apple pie snacking rounds	30 organic multigrain squares milk
lunch	pollo cacciatore lentil bolognese whole grain penne green peas	provençal fish filet red pepper quiche whole wheat pita steamed carrots	burrito bowl black beans in salsa quinoa sweet corn sour cream	beef burger chickpea patty multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad	tuna & salmon pasta bake tomato-lentil sauce w/chickpea spirals baby spinach, beet & carrot matchsticks creamy parsley-lemon dressing inf: sweet potato-carrot purée
pm snack	orange apple oatmeal cookie inf: mini moon biscuit milk	banana mini pizza frena bun marinara sauce shredded cheddar	pear inf: apple-banana purée stone fruit cheddar bites	orange cucumber chickpea crisps inf/tod: whole wheat pita dilly dip	apple banana roll up whole wheat wrap inf: plain yogurt sunbutter* banana

= herbivore protein inf/tod = infant/toddler substitute
* YMCA centres will receive cream cheese

milk and/or water are offered at meals and snacks