

march 2022 menu



mac'n cheese

the real food promise



real food with real ingredients:

- no artificial: colours, flavours or sweeteners
- no added nitrates or nitrites



wild Skipjack tuna & Canadian salmon,
sustainably-sourced



whole grains throughout the menu

from Ontario farms:



- pasture-raised beef without added hormones or routine antibiotics*
 - organic chicken meatballs and turkey
- *some exceptions may apply to accommodate religious needs



focus on fruits, vegetables & products grown
& produced locally & sustainably



dairy products & organic tofu




globally inspired dishes



we advocate for mandatory labelling of GMOs

peanut & tree nut free

	monday	tuesday	wednesday	thursday	friday
am snack	28 organic multigrain squares milk	1 cheddar bites focaccia slice	2 applesauce granola pucks	3 diced melon organic quinoa crunchies	4 organic whole wheat flakes milk new!
lunch	🌿 sunshine dahl basmati rice green peas & carrots cucumber raita pear inf: apple-banana purée	🌿 carrot & flax fish 🌿 spinach quiche red & white quinoa veggie rainbow inf: mini broccoli pineapple	marinara beef meatballs 🌿 marinara falafel bites whole grain pasta steamed carrots banana	chicken sandwich paprika chicken 🌿 curried lentils multigrain pita bun coleslaw inf: blended coleslaw apple	🌿 mac'n cheese romaine lettuce maple samurai vinaigrette inf: sweet potato-carrot purée orange
pm snack	egg cracker stacker hard boiled egg cracked wheat crackers mayo w/organic tofu	apple whole wheat pita cocoa chic'pea spread	cucumber puffed rice square hummus	tomato bruschetta whole wheat garlic baguette	banana apple-cinnamon morning round
am snack	7 organic blossoms milk	8 melon cranberry-orange morning round	9 organic multigrain squares milk	10 pear inf: cauliflower-carrot-coconut purée whole wheat pita maple soft cheese	11 fruit pizza whole wheat flatbread apple butter banana
lunch	🌿 sri lankan chicken 🌿 white bean curry brown & red rice green beans inf: steamed green beans strawberry sauce	beef & barley stew 🌿 lentil & mushroom stew whole wheat pita mini broccoli orange	chicken meteorites 🌿 chickpea patty real food ketchup tricolour pasta salad sweet corn banana	beef & bean chili 🌿 chili chili bang bang whole wheat roll cucumber apple 	🌿 garbanzo bean tajine couscous napa cabbage w/baby spinach creamy parsley-lemon dressing inf: spinach-coconut purée orange
pm snack	apple banana muffin	yogurt parfait vanilla maple yogurt inf: plain yogurt granola inf: apple-banana purée	baby carrots inf/tod: kiwi tortilla crisps inf/tod: organic crispbread crackers tomato salsa	mini tomatoes inf/tod: roasted sweet potato organic vegetable crackers red pepper hummus	bell pepper inf: apple-mango-beet purée puffed rice square spinach-organic tofu dip

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am snack	14 organic crispy O's inf: organic blossoms milk	15 orange muesli morning round	16 hard boiled egg wheat bun	17 organic multigrain squares milk	18 applesauce organic quinoa crunchies
lunch	mexican beef burrito filling bean burrito filling whole wheat wrap inf: multigrain rocket bun green peas sour cream orange	provençal fish filet red pepper quiche brown rice steamed carrots pear inf: apple-banana purée	burrito bowl black beans in salsa quinoa sweet corn apple	beef burger chickpea patty multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad orange	mac'n cheese romaine lettuce caesar dressing w/organic tofu inf: sweet potato-carrot purée banana
pm snack	apple gingerbread kids inf: banana muffin milk	mini pizza whole wheat focaccia marinara sauce shredded cheddar	banana roll up whole wheat wrap inf: multigrain rocket bun cocoa chic'pea spread banana	irish flag snackivity baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato cracked wheat crackers dilly dip	apple cinnamon-raisin snacking round
am snack	21 apple blueberry-lemon loaf milk	22 granola inf: organic blossoms milk	23 orange whole wheat raisin bread organic raspberry fruit spread	24 organic whole wheat flakes milk	super smoothie vanilla maple yogurt inf: plain yogurt apple-banana blend banana
lunch	chicken meatballs w/groovy gravy groovy falafel bites potato mash green peas orange	lentil bolognese whole grain pasta steamed carrots apple	masala fish mushroom quiche focaccia slice bell pepper inf: apple-mango-beet purée banana	chicken fricassée texan kidney beans quinoa mini broccoli pear inf: apple-banana purée	beef & bean chili chili chili bang bang brown rice napa cabbage w/baby spinach apple cider vinaigrette inf: cauliflower-carrot- coconut purée apple
pm snack	baby carrots inf/tod: steamed carrots organic crispbread crackers beany basil dip	melon crunchy trail mix inf: organic quinoa crunchies	mini tomatoes inf/tod: orange multigrain & chia crisps inf: puffed rice square avocado bean guacamole	apple cracked wheat crackers dill soft cheese	cucumber sundried tomato pasta salad



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am snack	28 organic multigrain squares milk	29 cheddar bites focaccia slice	30 applesauce granola pucks	31 banana organic quinoa crunchies	1 organic whole wheat flakes milk
lunch	sunshine dahl basmati rice green peas & carrots cucumber raita	carrot & flax fish spinach quiche red & white quinoa veggie rainbow inf: mini broccoli	beef bolognese lentil bolognese whole grain pasta steamed carrots	chicken sandwich madagascar chicken curried lentils multigrain pita bun coleslaw inf: blended coleslaw	mac'n cheese romaine lettuce maple samurai vinaigrette inf: sweet potato-carrot purée
pm snack	pear inf: apple-banana purée egg cracker stacker hard boiled egg cracked wheat crackers mayo w/organic tofu	orange apple whole wheat pita cocoa chic'pea spread	apple cucumber puffed rice square hummus	orange tomato bruschetta whole wheat garlic baguette	apple banana whole wheat blueberry scone

= herbivore protein inf/tod = infant/toddler substitute

Get your apples ready for the Great Big Crunch



Crunch For A National Healthy School Food Program!

On March 10th at 1:00pm EST, join RFRK, the Coalition for Healthy School Food and over 300,000 other Canadians for the Great Big Crunch and send a message that it is time for a Healthy, Universal School Food Program for Canada.

Take an in-sync bite at childcare, school or home and know we'll be crunching along with you remotely too! Snap some pics of those "crunch faces" and share them using #GreatBigCrunch and tag us @realfoodforrealkids

Learn more about this amazing initiative at www.healthyschoolfood.ca/great-big-crunch

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