



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

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



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am snack	13 organic super O's cereal milk	14 melon organic quinoa crunchies	15 cheddar or mozzarella cheese brioche bite	16 organic multigrain squares milk	17 apple vanilla maple yogurt inf: organic quinoa crunchies
lunch	 bean burrito filling yellow rice green peas	 provençal fish filet loco lima beans whole wheat roll steamed carrots	 bean 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	 saucy chicken sandwich pollo cacciatore lentil bolognese multigrain pocket bun napa cabbage & spinach salad creamy parsley-lemon dressing inf: sweet potato-carrot purée
pm snack	blueberry sauce apple oatmeal cookie inf: mini moon biscuit milk	pear inf: apple-mango-beet purée mini pizza frena bun marinara sauce shredded cheddar	apple banana roll up 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
am snack	20 orange apple-cinnamon morning round	21 cinnamon granola inf: organic multigrain squares milk	22 kiwi whole wheat raisin bread organic raspberry fruit spread	23 go bananas cereal milk	24 super smoothie vanilla maple yogurt inf: plain yogurt blueberry purée banana
lunch	 chick-a-noodle soup  beany noodle soup whole wheat roll beet & carrot salad inf: blended beet & carrot salad	 tomato-spinach frijoles basmati rice steamed carrots	 carrot & flax fish  sunshine dahl potato mash bell pepper inf: apple-mango-beet purée	 chicken & wild rice stew  lentil & mushroom stew onion bread mini broccoli	 filipino beef giniling  chili chili bang bang brown & red rice brocco-kale mix apple cider vinaigrette inf: sweet potato-carrot purée
pm snack	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



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am snack	27 organic multigrain squares milk	28 apple cheddar bites	29 applesauce raisin & seed oatie	30 melon organic quinoa crunchies	31 organic super O's cereal milk
lunch	 sunshine dahl brown rice green peas & carrots cucumber raita	beef & barley stew  lentil & mushroom stew focaccia slice veggie rainbow inf: mini broccoli	lunar new year lunch gong bao chicken  gong bao tofu basmati rice mini broccoli 	masala fish  chili chili bang bang wheat bun coleslaw inf: blended coleslaw	 mac'n cheese 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	cheddar or mozzarella cheese whole wheat wrap inf: whole wheat pita 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*

 = herbivore protein inf/tod = infant/toddler substitute

* YMCA centres will receive cream cheese

milk and/or water are offered at meals and snacks

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!*