

february 2025 menu

snack club

*tues & thurs delivery



cocoa chic'pea spread

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

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	monday	tuesday	wednesday	thursday	friday
am snack	3 seasonal fruit go bananas cereal milk 2%	4* seasonal fruit apple-cinnamon morning round	5 seasonal fruit whole wheat mini bagel cream cheese	6* seasonal fruit organic quinoa crunchies	7 seasonal fruit whole wheat wrap apple butter
pm snack	cheddar or mozzarella cheese organic crispbread crackers	seasonal fruit cinnamon bun snacking round	yogurt parfait honey yogurt cinnamon granola	seasonal fruit cocoa-beet loaf	baby carrots, broccoli & cauliflower brown rice cakes roasted garlic hummus
am snack	10 seasonal fruit organic super O's cereal milk 2%	11* seasonal fruit cheddar or mozzarella cheese	12 hard boiled egg muesli morning round	13* applesauce apple pie snacking rounds	14 seasonal fruit organic quinoa crunchies
pm snack	mini tomatoes & baby carrots purple corn popcorn	seasonal fruit oatmeal cookie	pizza bites brioche bite marinara sauce w/basil shredded cheddar	cucumber brown rice cakes dill saucy dipz	fruity cocoa wrap whole wheat wrap cocoa chic'pea spread seasonal fruit
am snack	17 Family Day 	18* seasonal fruit cinnamon granola milk 2%	19 seasonal fruit muesli morning round	20* seasonal fruit go bananas cereal milk 2%	21 fruit pizza whole wheat raisin bread organic blueberry fruit spread seasonal fruit
pm snack		crunchy green beans & baby carrots chickpea crisps	seasonal fruit pita crackers red pepper hummus	seasonal fruit vanilla maple yogurt	seasonal fruit apple cinnamon loaf
am snack	24 seasonal fruit organic quinoa crunchies	25* applesauce lemon cranberry muffin	26 seasonal fruit cranberry-orange morning round	27 seasonal fruit organic super O's cereal milk 2%	28 super smoothie vanilla maple yogurt strawberry purée seasonal fruit
pm snack	baby carrots tortilla crisps red pepper saucy dipz	seasonal fruit organic crispbread crackers maple soft cheese	egg cracker stacker cracked wheat crackers hard boiled egg dill saucy dipz	seasonal fruit brown rice cakes cocoa chic'pea spread	cheddar bites folded basil loaf

*Tuesday's delivery includes snacks for Wednesday & Thursday. *Thursday's delivery includes snacks for Friday, Monday & Tuesday. Seasonal fruit rotates between apples, oranges, pears, kiwis, bananas, melons, pineapples & other fruits.

water offered with all snacks