

february 2025 menu

snack club

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

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

water offered with all snacks