

# april 2025 menu

## snack club

\*wed & fri delivery



snap peas & carrots

### 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	<b>31</b> seasonal fruit organic quinoa crunchies	<b>1</b> seasonal fruit go bananas cereal milk 2%	<b>2*</b> seasonal fruit cinnamon bun snacking rounds	<b>3</b> seasonal fruit cheddar or mozzarella cheese	<b>4*</b> seasonal fruit whole wheat wrap apple butter
pm snack	seasonal fruit apple-beet loaf	cucumber tortilla crisps red pepper saucy dipz	<b>yogurt parfait</b> honey yogurt cinnamon granola	seasonal fruit whole wheat raisin bread cocoa chic'pea spread	baby carrots, broccoli & cauliflower brown rice cakes roasted garlic hummus
am snack	<b>7</b> seasonal fruit whole wheat mini bagel cream cheese	<b>8</b> seasonal fruit organic super O's cereal milk 2%	<b>9*</b> hard boiled egg brioche bite	<b>10</b> seasonal fruit organic quinoa crunchies	<b>11*</b> applesauce cranberry-orange morning round
pm snack	seasonal fruit raisin & seed oatie	<b>mini pizza</b> frena bun marinara sauce w/basil shredded cheddar	seasonal fruit chocolate chip cookie	<b>veggie roll up</b> whole wheat wrap carrot matchsticks red pepper hummus	cucumber chickpea crisps dill saucy dipz
am snack	<b>14</b> seasonal fruit cinnamon granola milk 2%	<b>15</b> seasonal fruit vanilla maple yogurt	<b>16*</b> seasonal fruit go bananas cereal milk 2%	<b>17</b> <b>fruit pizza</b> whole wheat raisin bread organic blueberry fruit spread seasonal fruit	<b>18</b> <b>Good Friday</b> 
pm snack	cucumber pita crackers roasted garlic hummus	seasonal fruit cranberry bar	snap peas & carrots organic crispbread crackers red pepper saucy dipz	cheddar bites cracked wheat crackers	
am snack	<b>21</b> seasonal fruit brown rice cakes cream cheese	<b>22</b> seasonal fruit raisin & seed oatie	<b>23*</b> seasonal fruit organic quinoa crunchies	<b>24</b> <b>super smoothie</b> vanilla maple yogurt blueberry purée seasonal fruit	<b>25*</b> seasonal fruit organic super O's cereal milk 2%
pm snack	mini peppers & baby carrots sourdough crackers red pepper hummus	seasonal fruit purple corn popcorn	<b>egg salad wrap</b> whole wheat wrap hard boiled egg dill saucy dipz	seasonal fruit apple pie snacking rounds	seasonal fruit lemon cranberry muffin

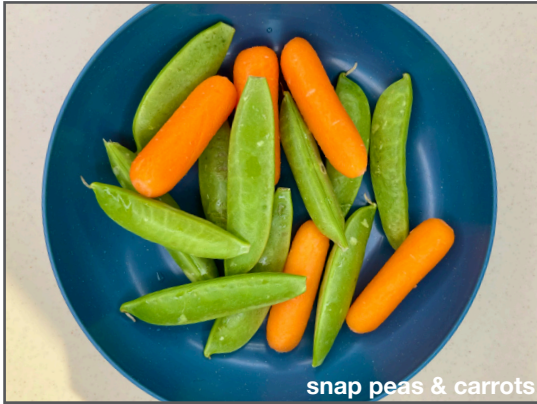
\*Wednesday's delivery includes snacks for Thursday & Friday. \*Friday's delivery includes snacks for Monday, Tuesday & Wednesday. Seasonal fruit rotates between apples, oranges, pears, kiwis, bananas, melons, pineapples & other fruits.

water offered with all snacks

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am snack	<b>28</b> seasonal fruit organic quinoa crunchies	<b>29</b> seasonal fruit go bananas cereal milk 2%	<b>30*</b> seasonal fruit cinnamon bun snacking rounds	<b>1</b> seasonal fruit cheddar or mozzarella cheese	<b>2*</b> seasonal fruit whole wheat wrap apple butter
pm snack	seasonal fruit apple-beet loaf	cucumber tortilla crisps red pepper saucy dipz	<b>yogurt parfait</b> honey yogurt cinnamon granola	seasonal fruit whole wheat raisin bread cocoa chic'pea spread	baby carrots, broccoli & cauliflower brown rice cakes roasted garlic hummus

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## By Popular Demand: White Bean Curry



Why is this one of our most loved vegetarian meals? Make this recipe to find out!

**RFRK's #1 rated vegetarian dish** features creamy white navy beans in a velvety, lightly spiced tomato & coconut sauce similar to butter chicken. Rich in flavour, this easy plant-based meal is surprisingly simple to make and can shine on its own or pair it up with your preferred rice or naan bread.

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*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 March 28th!*