

june 2025 menu

snack club

*wed & fri
delivery



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 poultry,
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

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	monday	tuesday	wednesday	thursday	friday
am snack	2 seasonal fruit whole wheat mini bagel cream cheese	3 seasonal fruit go bananas cereal milk 2%	4* hard boiled egg brioche bite	5 seasonal fruit cranberry-orange morning round	6* seasonal fruit brioche bite
pm snack	seasonal fruit raisin & seed oatie	mini pizza frena bun marinara sauce w/basil shredded cheddar	seasonal fruit mini cocoa cookies	veggie roll up whole wheat wrap carrot matchsticks hummus	cucumber chickpea crisps dill saucy dipz
am snack	9 seasonal fruit cinnamon granola milk 2%	10 seasonal fruit vanilla maple yogurt	11* seasonal fruit go bananas cereal milk 2%	12 seasonal fruit whole wheat raisin bread organic blueberry fruit spread	13* seasonal fruit whole wheat blueberry scone
pm snack	snap peas & carrots pita crackers cream cheese	seasonal fruit cranberry bar	baby carrots organic crispbread crackers red pepper saucy dipz	cheddar bites cracked wheat crackers	seasonal fruit whole wheat wrap apple butter
am snack	16 seasonal fruit brown rice cakes cream cheese	17 seasonal fruit raisin & seed oatie	18* seasonal fruit muesli morning round	19 super smoothie vanilla maple yogurt mango purée seasonal fruit	20* seasonal fruit cinnamon granola milk 2%
pm snack	bell pepper & baby carrots sourdough crackers red pepper saucy dipz	seasonal fruit purple corn popcorn	egg salad wrap whole wheat wrap hard boiled egg dill saucy dipz	seasonal fruit apple pie snacking rounds	seasonal fruit lemon cranberry muffin
am snack	23 seasonal fruit brioche bite	24 seasonal fruit go bananas cereal milk 2%	25* seasonal fruit cinnamon bun snacking rounds	26 seasonal fruit cheddar or mozzarella cheese	27* seasonal fruit whole wheat wrap apple butter
pm snack	seasonal fruit apple-cinnamon loaf	cucumber tortilla crisps red pepper saucy dipz	yogurt parfait honey yogurt cinnamon granola	seasonal fruit whole wheat raisin bread cocoa chic'pea spread	baby carrots, broccoli & cauliflower brown rice cakes dill saucy dipz

*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