

may 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 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

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	monday	tuesday	wednesday	thursday	friday
am snack	5 seasonal fruit whole wheat mini bagel cream cheese	6 seasonal fruit go bananas cereal milk 2%	7* hard boiled egg brioche bite	8 seasonal fruit organic quinoa crunchies	9* applesauce cranberry-orange morning round
pm snack	seasonal fruit raisin & seed oatie	mini pizza frena bun marinara sauce w/basil shredded cheddar	seasonal fruit oatmeal cookie	veggie roll up whole wheat wrap carrot matchsticks red pepper hummus	cucumber chickpea crisps dill saucy dipz
am snack	12 seasonal fruit cinnamon granola milk 2%	13 seasonal fruit vanilla maple yogurt	14* seasonal fruit go bananas cereal milk 2%	15 fruit pizza whole wheat raisin bread organic blueberry fruit spread seasonal fruit	16* seasonal fruit whole wheat blueberry scone
pm snack	cucumber pita crackers roasted garlic hummus	seasonal fruit gingerbread kids	crunchy green beans & baby carrots organic crispbread crackers red pepper saucy dipz	cheddar bites cracked wheat crackers	seasonal fruit brioche bite cocoa chic'pea spread
am snack	19 Victoria Day	20 seasonal fruit raisin & seed oatie	21* seasonal fruit organic strawberry granola	22 super smoothie vanilla maple yogurt mango purée seasonal fruit	23 seasonal fruit cinnamon granola milk 2%
pm snack		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	26 seasonal fruit brioche bite	27 seasonal fruit go bananas cereal milk 2%	28* seasonal fruit cinnamon bun snacking rounds	29 seasonal fruit cheddar or mozzarella cheese	30* seasonal fruit whole wheat wrap apple butter
pm snack	seasonal fruit apple-beet 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 roasted garlic hummus

*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 & other fruits.

water offered with all snacks