

# july 2025 menu

## snack club

\*wed & fri  
delivery



veggie roll up

### 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

.....






- \* 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>30</b> seasonal fruit go bananas cereal milk 2%	<b>1</b> Canada Day 	<b>2*</b> hard boiled egg brioche bite	<b>3</b> seasonal fruit cranberry-orange morning round	<b>4*</b> seasonal fruit organic strawberry granola
pm snack	<b>mini pizza</b> frena bun marinara sauce w/basil shredded cheddar		seasonal fruit maple snap cookies 	<b>veggie roll up</b> whole wheat wrap carrot matchsticks hummus	cucumber chickpea crisps dill saucy dipz
am snack	<b>7</b> seasonal fruit cinnamon granola milk 2%	<b>8</b> seasonal fruit vanilla maple yogurt	<b>9*</b> seasonal fruit organic blossoms milk 2%	<b>10</b> seasonal fruit whole wheat raisin bread organic blueberry fruit spread	<b>11*</b> 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	<b>14</b> seasonal fruit brown rice cakes cream cheese	<b>15</b> seasonal fruit raisin & seed oatie	<b>16*</b> seasonal fruit muesli morning round	<b>17</b> <b>super smoothie</b> vanilla maple yogurt strawberry purée seasonal fruit	<b>18</b> seasonal fruit cinnamon granola milk 2%
pm snack	bell pepper & baby carrots sourdough crackers red pepper saucy dipz	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 banana muffin 
am snack	<b>21</b> seasonal fruit brioche bite	<b>22</b> seasonal fruit go bananas cereal milk 2%	<b>23*</b> seasonal fruit cinnamon bun snacking rounds	<b>24</b> seasonal fruit cheddar or mozzarella cheese	<b>25*</b> seasonal fruit whole wheat wrap apple butter
pm snack	seasonal fruit whole wheat blueberry scone	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 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, pineapples & other fruits.

water offered with all snacks

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	monday	tuesday	wednesday	thursday	friday
am snack	<b>28</b> seasonal fruit whole wheat mini bagel cream cheese	<b>29</b> seasonal fruit organic blossoms milk 2%	<b>30*</b> hard boiled egg brioche bite	<b>31</b> seasonal fruit cranberry-orange morning round	<b>1*</b> seasonal fruit organic strawberry granola
pm snack	seasonal fruit raisin & seed oatie	<b>mini pizza</b> frena bun marinara sauce w/basil shredded cheddar	seasonal fruit mini organic lemon cookies	<b>veggie roll up</b> whole wheat wrap carrot matchsticks hummus	cucumber chickpea crisps dill saucy dipz

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## Make at Home: Beany Basil Dip



Time to *take a dip* this summer—in more ways than one! Our **Beany Basil Dip** is warm weather snacking at its best: light, delicious & refreshing—no hot oven required. Love hummus? It has a similar vibe, but deserves its own shine! With creamy navy beans & fresh basil, this is RFRK's take on a scrumptious Italian-inspired spread, perfect for pairing with veggies or toasted bread. Made with plant-based protein & just six simple ingredients, it comes together in a flash.

*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 June 27th!*

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