

august 2025 menu

snack club



yogurt parfait

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	4 Civic Holiday 	5* seasonal fruit vanilla maple yogurt	6 seasonal fruit whole wheat raisin bread organic blueberry fruit spread	7* seasonal fruit organic blossoms milk 2%	8 seasonal fruit whole wheat blueberry scone
pm snack		seasonal fruit cranberry bar	snap peas & carrots pita crackers cream cheese	cheddar or mozzarella cheese cracked wheat crackers	seasonal fruit whole wheat wrap apple butter
am snack	11 seasonal fruit raisin & seed oatie	12* seasonal fruit muesli morning round	13 seasonal fruit brown rice cakes cream cheese	14* seasonal fruit cinnamon granola milk 2%	15 super smoothie vanilla maple yogurt blueberry purée seasonal fruit
pm snack	seasonal fruit purple corn popcorn	egg salad wrap whole wheat wrap hard boiled egg dill saucy dipz	bell pepper & baby carrots sourdough crackers red pepper saucy dipz	seasonal fruit apple pie snacking rounds	seasonal fruit whole wheat blueberry scone
am snack	18 seasonal fruit organic blossoms milk 2%	19* seasonal fruit cinnamon bun snacking rounds	20 seasonal fruit brioche bite	21* seasonal fruit cheddar or mozzarella cheese	22 seasonal fruit whole wheat wrap apple butter
pm snack	seasonal fruit gluten free oat & quinoa cococa bar	yogurt parfait honey yogurt cinnamon granola	seasonal fruit whole wheat raisin bread cocoa chic'pea spread	seasonal fruit tortilla crisps red pepper saucy dipz	baby carrots, broccoli & cauliflower brown rice cakes hummus
am snack	25 seasonal fruit go bananas cereal milk 2%	26* hard boiled egg brioche bite	27 seasonal fruit whole wheat mini bagel cream cheese	28* applesauce cranberry-orange morning round	29 seasonal fruit organic strawberry granola
pm snack	mini pizza frena bun marinara sauce w/basil shredded cheddar	seasonal fruit mini cocoa cookies	seasonal fruit raisin & seed oatie	veggie roll up whole wheat wrap carrot matchsticks dill saucy dipz	cucumber chickpea crisps hummus

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

water offered with all snacks