

# january 2026 menu

## snack club

\*tues & thurs delivery



picklicious spread

### 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	<b>5</b> seasonal fruit go bananas cereal milk 2%	<b>6*</b> seasonal fruit cranberry bar	<b>7</b> seasonal fruit organic blossoms milk 2%	<b>8*</b> seasonal fruit lemon cranberry muffin	<b>9</b> seasonal fruit whole wheat wrap apple butter
pm snack	cheddar or mozzarella cheese cracked wheat crackers	applesauce cinnamon granola	seasonal fruit whole wheat raisin bread cocoa hummus	cucumber cheddar or mozzarella cheese	baby carrots, broccoli & cauliflower brown rice cakes red pepper hummus
am snack	<b>12</b> seasonal fruit cinnamon granola milk 2%	<b>13*</b> hard boiled egg brioche bite	<b>14</b> seasonal fruit vanilla maple yogurt	<b>15*</b> seasonal fruit go bananas cereal milk 2%	<b>16</b> seasonal fruit raisin & seed oatie
pm snack	mango sauce apple pie snacking rounds	baby carrots organic crispbread crackers red pepper saucy dipz	seasonal fruit mini organic lemon cookies	cucumber tortilla crisps tomato salsa	<b>veggie roll up</b> whole wheat wrap carrot matchsticks hummus
am snack	<b>19</b> seasonal fruit cinnamon granola milk 2%	<b>20*</b> seasonal fruit muesli morning round	<b>21</b> seasonal fruit whole wheat raisin bread organic blueberry fruit spread	<b>22*</b> seasonal fruit organic blossoms milk 2%	<b>23</b> seasonal fruit whole wheat blueberry scone
pm snack	seasonal fruit cranberry bar	cheddar or mozzarella cheese cracked wheat crackers	baby carrots chickpea crisps red pepper saucy dipz	cucumber multigrain pocket bun cream cheese	seasonal fruit whole wheat wrap cocoa hummus
am snack	<b>26</b> seasonal fruit go bananas cereal milk 2%	<b>27*</b> seasonal fruit raisin & seed oatie	<b>28</b> seasonal fruit brown rice cakes cream cheese	<b>29*</b> seasonal fruit cinnamon granola milk 2%	<b>super smoothie</b> vanilla maple yogurt strawberry puree seasonal fruit
pm snack	<b>egg salad wrap</b> whole wheat wrap hard boiled egg picklicious spread	seasonal fruit purple corn popcorn	bell pepper & baby carrots sourdough crackers golden miso dip	applesauce apple pie snacking rounds	seasonal fruit cocoa-beet loaf

\*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