

# january 2026 menu

## snack club

\*wed & fri  
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



- 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 organic blossoms milk 2%	<b>6</b> seasonal fruit cranberry bar	<b>7*</b> seasonal fruit go bananas cereal 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 cheddar or mozzarella cheese	seasonal fruit whole wheat raisin bread cocoa hummus	baby carrots, broccoli & cauliflower brown rice cakes red pepper hummus
am snack	<b>12</b> hard boiled egg brioche bite	<b>13</b> seasonal fruit cinnamon granola milk 2%	<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	seasonal fruit organic crispbread crackers red pepper saucy dipz	mango sauce apple pie snacking rounds	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 organic blossoms milk 2%	<b>22</b> seasonal fruit whole wheat raisin bread organic blueberry fruit spread	<b>23*</b> seasonal fruit whole wheat blueberry scone
pm snack	cucumber multigrain pocket bun cream cheese	seasonal fruit cranberry bar	baby carrots chickpea crisps red pepper saucy dipz	cheddar or mozzarella cheese cracked wheat crackers	seasonal fruit whole wheat wrap cocoa hummus
am snack	<b>26</b> seasonal fruit brown rice cakes maple soft cheese	<b>27</b> seasonal fruit go bananas cereal milk 2%	<b>28*</b> seasonal fruit raisin & seed oatie	<b>29</b> <b>super smoothie</b> vanilla maple yogurt strawberry purée seasonal fruit	<b>30*</b> seasonal fruit cinnamon granola milk 2%
pm snack	<b>egg salad wrap</b> whole wheat wrap hard boiled egg picklicious spread	seasonal fruit purple corn popcorn	applesauce apple pie snacking rounds	bell pepper & baby carrots sourdough crackers golden miso dip	seasonal fruit cocoa-beet loaf

\*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