

february 2026 menu

snack club

*tues & thurs 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 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	2 seasonal fruit go bananas cereal milk 2%	3* seasonal fruit cheddar or mozzarella cheese	4 seasonal fruit organic blossoms milk 2%	5* seasonal fruit banana muffin	6 seasonal fruit whole wheat wrap apple butter
pm snack	mini pizza frena bun marinara sauce shredded cheddar	yogurt parfait honey yogurt cinnamon granola	seasonal fruit whole wheat raisin bread cocoa hummus	cucumber sundried tomato pasta salad	baby carrots, broccoli & cauliflower brown rice cakes red pepper hummus
am snack	9 seasonal fruit cinnamon granola milk 2%	10* hard boiled egg brioche bite	11 seasonal fruit vanilla maple yogurt	12* seasonal fruit go bananas cereal milk 2%	13 seasonal fruit whole wheat mini bagel hummus
pm snack	blueberry sauce apple pie snacking rounds	seasonal fruit raisin & seed oatie	cucumber tortilla crisps tomato salsa	seasonal fruit organic crispbread crackers cream cheese	valentine's treat seasonal fruit cocoa sweetheart cookies
am snack	16 Family Day 	17* seasonal fruit muesli morning round	18 seasonal fruit whole wheat raisin bread organic blueberry fruit spread	19* seasonal fruit organic blossoms milk 2%	20 seasonal fruit whole wheat blueberry scone
pm snack		cheddar or mozzarella cheese cracked wheat crackers	baby carrots chickpea crisps red pepper saucy dipz	seasonal fruit multigrain pocket bun cream cheese	seasonal fruit whole wheat wrap cocoa hummus
am snack	23 seasonal fruit go bananas cereal milk 2%	24* seasonal fruit raisin & seed oatie	25 seasonal fruit brown rice cakes cream cheese	26* seasonal fruit cinnamon granola milk 2%	27 super smoothie vanilla maple yogurt blueberry purée seasonal fruit
pm snack	egg salad wrap whole wheat wrap hard boiled egg picklicious spread	seasonal fruit purple corn popcorn	bell pepper & baby carrots pita 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