

march 2026 menu

snack club

*tues & thurs delivery



mini pizza

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* cheddar or mozzarella cheese brown rice cakes	4 seasonal fruit cinnamon granola milk 2%	5* seasonal fruit carrot muffin	6 seasonal fruit whole wheat wrap apple butter
pm snack	seasonal fruit mini cocoa cookies	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 raisin & seed oatie
pm snack	strawberry-rhubarb sauce apple pie snacking rounds	baby carrots organic crispbread crackers dill soft cheese	mini pizza frena bun marinara sauce shredded cheddar	cucumber tortilla crisps tomato salsa	veggie roll up whole wheat wrap carrot matchsticks hummus
am snack	16 seasonal fruit cinnamon granola milk 2%	17* seasonal fruit muesli morning round	18 seasonal fruit whole wheat raisin bread organic blueberry fruit spread	19* seasonal fruit cinnamon granola milk 2%	20 applesauce 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	23 seasonal fruit go bananas cereal milk 2%	24* seasonal fruit raisin & seed oatie	25 seasonal fruit brown rice cakes maple soft cheese	26* seasonal fruit cinnamon granola milk 2%	27 super smoothie vanilla maple yogurt mango purée seasonal fruit
pm snack	egg cracker stacker hard boiled egg organic crispbread crackers picklicious spread	seasonal fruit purple corn popcorn	bell pepper & baby carrots sourdough crackers golden miso dip	seasonal fruit apple pie snacking rounds	seasonal fruit apple 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

