

march 2026 menu

snack club

*wed & fri
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



- 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 carrot muffin | 3 seasonal fruit apple-cinnamon morning round | 4* cheddar or mozzarella cheese brown rice cakes | 5 seasonal fruit cinnamon granola milk 2% | 6* seasonal fruit whole wheat wrap apple butter |
| pm snack | seasonal fruit mini cocoa cookies | yogurt parfait honey yogurt cinnamon granola | cucumber sundried tomato pasta salad | seasonal fruit whole wheat raisin bread cocoa hummus | baby carrots, broccoli & cauliflower brown rice cakes red pepper hummus |
| am snack | 9 hard boiled egg brioche bite | 10 seasonal fruit cinnamon granola milk 2% | 11* seasonal fruit vanilla maple yogurt | 12 seasonal fruit go bananas cereal milk 2% | 13* seasonal fruit raisin & seed oatie |
| pm snack | seasonal fruit organic crispbread crackers dill soft cheese | strawberry-rhubarb sauce apple pie snacking rounds | 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 cinnamon granola milk 2% | 19 seasonal fruit whole wheat raisin bread organic blueberry fruit spread | 20 applesauce 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 | 23 seasonal fruit brown rice cakes maple soft cheese | 24 seasonal fruit cinnamon granola milk 2% | 25* applesauce raisin & seed oatie | 26 super smoothie vanilla maple yogurt mango purée seasonal fruit | 27* seasonal fruit cinnamon granola milk 2% |
| pm snack | egg cracker stacker hard boiled egg organic crispbread crackers picklicious spread | seasonal fruit purple corn popcorn | cheddar or mozzarella cheese cracked wheat crackers | seasonal fruit apple beet loaf | bell pepper & baby carrots sourdough crackers golden miso dip |

*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

