

october 2026 menu

snack club

*wed & fri
delivery



pumpkin cocoa swirl cookie

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	5 seasonal fruit brown rice cakes beany basil dip	6 seasonal fruit go bananas cereal milk 2%	7* seasonal fruit brioche bite	8 super smoothie vanilla maple yogurt strawberry purée seasonal fruit	9* seasonal fruit cinnamon granola milk 2%
pm snack	egg salad wrap whole wheat wrap hard boiled egg picklicious spread	seasonal fruit gluten free oat & quinoa cocoa bar	seasonal fruit cinnamon bun snacking rounds	baby carrots pita crackers golden miso dip	seasonal fruit pumpkin loaf
am snack	12 Happy Thanksgiving 	13 seasonal fruit go bananas cereal milk 2%	14* cheddar or mozzarella cheese cracked wheat crackers	15 seasonal fruit cinnamon granola milk 2%	16* seasonal fruit whole wheat raisin bread apple butter
pm snack		yogurt parfait honey yogurt cinnamon granola	cucumber ginger-soy noodles w/edamame	seasonal fruit whole wheat raisin bread cocoa hummus	baby carrots, broccoli & cauliflower brown rice cakes red pepper hummus
am snack	19 hard boiled egg brioche bite	20 seasonal fruit cinnamon granola milk 2%	21* seasonal fruit vanilla maple yogurt	22 seasonal fruit go bananas cereal milk 2%	23* avocado bean spread whole wheat mini bagel
pm snack	seasonal fruit organic crispbread crackers dill soft cheese	mango sauce cinnamon bun snacking rounds	seasonal fruit mini cocoa cookies	cucumber tortilla crisps tomato salsa	veggie roll up whole wheat wrap carrot matchsticks hummus
am snack	26 seasonal fruit cinnamon granola milk 2%	27 seasonal fruit muesli morning round	28* go bananas cereal milk 2%	29 seasonal fruit whole wheat raisin bread organic apricot fruit spread	30* seasonal fruit whole wheat wrap cocoa hummus
pm snack	cucumber multigrain pocket bun cream cheese	seasonal fruit cranberry bar	snap peas & carrots chickpea crisps red pepper saucy dipz	cheddar bites cracked wheat crackers	halloween treat pumpkin cocoa swirl cookie itty bitty mango bites 

*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