

# weekly **menu**

## **Monday, October 22, 2018**

Snack: Zucchini bread served with milk

Lunch: Vegetable soup with brown rice, served with cantaloupe, bakery fresh bread and milk

Snack: Roasted chick peas served with cheddar cheese and water

## **Tuesday, October 23, 2018**

Snack: Organic, plain yogurt served with a banana and water

Lunch: Tuna salad sandwich with tomato on bakery fresh, whole wheat bread, served with pineapple and milk

Snack: Oven-roasted fingerling potatoes served with rice crackers and water

## **Wednesday, October 24, 2018**

Snack: Organic rice cake served with sun butter or cream cheese and apple slices with milk

Lunch: Focaccia bread topped with broccoli, diced tomato, ricotta and pecorino Romano cheese, served with pear slices and milk

Snack: Celery sticks served with tzatziki sauce and water

## **Thursday, October 25, 2018**

Snack: Homemade apple sauce served with a biscuit and milk

Lunch: Farro salad tossed with roasted vegetables, chick peas, mozzarella cheese and balsamic dressing, served with orange slices and milk

Snack: Spinach and artichoke dip served with lentil crackers and water

## **Friday, October 26, 2018**

Snack: Hard-boiled egg served with milk

Lunch: Turkey meatballs in marinara sauce, served with roasted green beans, baby carrots, bakery fresh bread with milk

Snack: Broccoli quiche bites served with water

Local Vendors include: Farmers Cow, WholeG Bakery, Hindinger Farms, Sugar Maple Farms, D'Artagnan Meat, Plowshares Honey, Paganos Seafood

