

weekly menu

Monday, July 22, 2019

Snack: House-made oat yogurt served with granola and milk

Lunch: Oven-roasted turkey served with butternut squash, rice, sliced peaches and milk

Snack: House-made lentil crackers served with watermelon and water infused with fresh fruit

Tuesday, July 23, 2019

Snack: Butternut squash bread made with sunflower seeds, raisins and cacao, served with house made oat milk

Lunch: Paella: wild caught cod, saffron rice with celery, carrots and olives, served with a banana and milk

Snack: Steamed broccoli with tahini dressing, served with watermelon water infused with fresh fruit

Wednesday, July 24, 2019

Snack: Apple tart served with milk

Lunch: Sun butter and strawberry jam sandwich on bakery fresh bread, served with carrot sticks, cantaloupe and milk

Snack: Sliced pineapple served with cheddar cheese and water infused with fresh fruit

Thursday, July 25, 2019

Snack: Fruit smoothie made with fresh fruit, yogurt and oat milk

Lunch: Falafel on a lentil wrap with hummus, cucumber, pico de gallo and pickled radish, served with sliced pears and milk

Snack: Dark chocolate avocado mousse, served with apple slices and infused with fresh fruit

Friday, July 26, 2019

Snack: Banana crepe, with sunbutter and a drizzle of honey, served with milk

Lunch: Pasta primavera (white beans, tomatoes, cucumbers, basil, broccoli and carrots, served with milk

Snack: Pupusas: stuffed corn cakes with black beans and fresh tomato sauce for dipping, served with water infused with fresh fruit

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



NORTH

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