

weekly menu

Monday, November 30, 2020

CLOSED

Tuesday, December 1, 2020

Snack: Plain yogurt served with apple compote and milk

Lunch: Blackbean quesadilla with roasted peppers, served with pear and milk

Snack: Rice cake served with house made sunbutter and water

Wednesday, December 2, 2020

Snack: Alphabet cereal (puffed rice, corn flakes, bran flakes) served with milk

Lunch: Flatbread pizza (tomato and mozzarella), served with roasted cauliflower, sliced apples and milk

Snack: Carrots served with fresh tortillas and house made ranch, served with water

Thursday, December 3, 2020

Snack: Pumpkin spiced waffle served with a drizzle of maple syrup and milk

Lunch: Wild rice vegetable soup with kidney beans, served with orange slices and milk

Snack: Fruit salad served with pretzels and water

Friday, December 4, 2020

Snack: Banana and flax bread served with milk

Lunch: Turkey meatloaf served with roasted butternut squash, brown rice, watermelon and milk

Snack: Sundried tomato and feta pasta salad served with water

Please note: We cook with onions, garlic, olive oil, salt, pepper, balsamic vinegar, apple cider vinegar, soy products, sunflower oil and lemon

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

