

# weekly **menu**

## **Monday, February 22, 2021**

Snack: Plain yogurt served with peach and strawberry compote and milk

Lunch: Whole wheat penne pasta served with turkey bolognese, roasted cauliflower, watermelon and milk

Snack: Rice cake served with sunbutter and water

## **Tuesday, February 23, 2021**

Snack: Alphabet granola served with milk

Lunch: Vegetable chili served with cornbread, cara cara orange slices and milk

Snack: White bean and cucumber salad tossed with housemade italian dressing, served with water

## **Wednesday, February 24, 2021**

Snack: Banana and pineapple bread served with milk

Lunch: Cajun rubbed roast salmon with a quinoa and wild rice mix, roasted green beans, pears slices and milk

Snack: Clementine served with cheddar cheese and water

## **Thursday, February 25, 2021**

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

Lunch: Vegetable stir fry (peppers, broccoli, edamame), served with herb and peppered brown rice, pineapple and milk

Snack: Fruit salad served with pretzels and water

## **Friday, February 26, 2021**

Snack: Granola bar served with a banana and milk

Lunch: French-bread style pizza on bakery-fresh bread, served with garlic roasted brussel sprouts, oranges and milk

Snack: Avocado salsa served with tortilla chips and 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*

