

# weekly menu

## **Monday, April 19, 2021**

Snack: Raspberry oat fruit bar served with milk

Lunch: Cauliflower and ricotta cheese tossed with pasta, served with roasted asparagus, Cara Cara oranges and milk

Snack: Rice cake served with sunbutter and water

## **Tuesday, April 20, 2021**

Snack: Cheddar biscuit served with milk

Lunch: Veggie meatballs with a dollop of vegan ranch dressing, served with roasted butternut squash, wild rice, pear slices and milk

Snack: Edamame dip served with carrots and water

## **Wednesday, April 21, 2021**

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

Lunch: BBQ chicken sliders on bakery fresh bread, served with roasted green beans, banana and milk

Snack: Oat bars served with apple slices and water

## **Thursday, April 22, 2021**

Snack: Zucchini bread served with milk

Lunch: Taco seasoned bean and cheese quesadilla, served with pepper slices, watermelon and milk

Snack: Pineapple and black bean salsa served with tortilla chips and water

## **Friday, April 23, 2021**

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

Lunch: Chicken and vegetable noodle soup, served with melon and milk

Snack: Clementine served with cheddar cheese 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*

