

weekly **menu**

Monday, July 19, 2021

Snack: Plain yogurt served with fresh blueberries and milk

Lunch: Greek pasta salad (cucumbers, crushed chickpeas, marinated tomato, feta) served with roast broccoli, sliced apples and milk

Snack: Orange slices served with cheddar cheese and water

Tuesday, July 20, 2021

Snack: Alphabet granola served with milk

Lunch: Oven roast turkey bento box with housemade focaccia breadstick, carrots and apple slices served with milk

Snack: Roasted garlic hummus served with peppers and water

Wednesday, July 21, 2021

Snack: Breakfast oat bar served with milk

Lunch: Cauliflower and ricotta mac and cheese served with roasted summer wax beans, orange slices and milk

Snack: Broccoli served with a vegan artichoke spinach dip and water

Thursday, July 22, 2021

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

Lunch: Roasted salmon with lemon and herbs, served with red bliss potato salad, roasted asparagus, melon and milk

Snack: Rice cake served with housemade sunbutter and water

Friday, July 23, 2021

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

Lunch: Roasted vegetable and edamame wrap served with sliced peppers, pineapple and milk

Snack: Fruit salad served with pretzels 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

