

weekly menu

Monday, October 18, 2021

Snack: Rice cake served with house made sunbutter and milk

Lunch: Cavatapi pasta with a roasted garlic tofu alfredo sauce, served with roast broccoli, pears and milk

Snack: Carrots served with roasted pepper hummus and milk

Tuesday, October 19, 2021

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

Lunch: Sunbutter and jam sandwich on bakery-fresh multi-grain bread, served with carrots, roasted sliced apple and milk

Snack: Colorful peppers served with marinated fresh mozzarella balls and water

Wednesday, October 20, 2021

Snack: Plain yogurt with fresh blueberries and milk

Lunch: Turkey meatballs served with maple roast sweet potato, garlicky green beans, apple slices and milk

Snack: Orange slices served with pretzels and water

Thursday, October 21, 2021

Snack: House made granola served with milk

Lunch: Minestrone soup with kale, served with bakery-fresh, multi-grain bread, sliced cantaloupe and milk

Snack: Artichoke and spinach dip served with cucumber spears and water

Friday, October 22, 2021

Snack: Pumpkin spice ginger breakfast cookie served with milk

Lunch: Tex mex turkey taco on a soft tortilla, topped with shredded lettuce and cheddar cheese, served with sliced peppers and milk

Snack: Watermelon served with vanilla whipped ricotta 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, Sugar Maple Farms, D'Artagnan Meat, Plowshares Honey, Paganos Seafood

