

weekly
menu

Monday, November 22, 2021

Snack: Alphabet granola served with milk

Lunch: Roasted garlic tofu bolognese sauce over penne pasta, served with roasted broccoli, apple and milk

Snack: House made sunbutter served with a rice cake and water

Tuesday, November 23, 2021

Snack: Breakfast oat bar served with milk

Lunch: Vegetable tagine (chickpeas, tomato,peppers) served with roasted cauliflower, couscous, watermelon and milk

Snack: Carrots served with marinated mozzarella cheese and water

Wednesday, November 24, 2021

Snack: Banana served with milk

Lunch: Turkey meatballs served with a dollop of cranberry BBQ sauce, wild rice, delicata squash, orange wedges and milk

Snack: Fruit salad served with pretzels and water

Thursday, November 25, 2021

HAPPY THANKSGIVING

Friday, November 26, 2021

CLOSED

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

