

weekly **menu**

Monday, November 29, 2021

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

Lunch: Falafel and chickpea wrap with lettuce and vegan ranch dressing, served with roasted root vegetables, apples and milk

Snack: Banana served with house made sunbutter and water

Tuesday, November 30, 2021

Snack: Breakfast oat bar served with milk

Lunch: Roast salmon with lemon and herbs, served with snap peas, brown rice, honeydew melon and milk

Snack: Colorful peppers served with roasted garlic hummus and water

Wednesday, December 1, 2021

Snack: Plain yogurt served with blueberries and milk

Lunch: Grilled cheese on bakery-fresh bread, served with tomato soup, oranges and milk

Snack: Broccoli salad with craisins, sunflower seeds, italian dressing served with garlic flatbread and water

Thursday, December 2, 2021

Snack: Banana and pineapple bread served with milk

Lunch: Vegetable meatballs served with buttered noodles, roasted cauliflower, pears and milk

Snack: Watermelon served with whipped ricotta and water

Friday, December 3, 2021

Snack: Alphabet granola served with milk

Lunch: House made focaccia pizza served with garlic green beans, 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, Sugar Maple Farms, D'Artagnan Meat, Plowshares Honey, Paganos Seafood

