

# weekly menu

## **Monday, December 6, 2021**

Snack: Pumpkin spice breakfast oat bar served with milk

Lunch: Cauliflower and ricotta mac and cheese, served with cucumber, watermelon and milk

Snack: Carrots served with roast garlic hummus and water

## **Tuesday, December 7, 2021**

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

Lunch: Chicken curry with coconut milk, served with couscous, with roast broccoli, apples and milk

Snack: Colorful peppers served with vegan ranch, soft tortilla and water

## **Wednesday, December 8, 2021**

Snack: Blueberry cornbread served with milk

Lunch: Wild rice vegetable soup with spinach and chickpeas, served with cantaloupe and milk

Snack: Tortilla chips served with guacamole and water

## **Thursday, December 9, 2021**

Snack: Plain yogurt served with a raspberry puree and milk

Lunch: Turkey meatloaf with roast brussel sprouts, garlic mashed potatoes and oranges, served with milk

Snack: Bakery fresh baguette served with cheddar cheese and water

## **Friday, December 10, 2021**

Snack: Cheddar biscuit served with milk

Lunch: Sunbutter and jam sandwich on bakery-fresh bread, served with carrots, apples and milk

Snack: Watermelon 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*

*Please be aware that due to the current fallout from the Covid epidemic that is affecting the labor and supply lines, there will be instances where we will need to modify the menu.*

*Local Vendors include: WholeG Bakery, Sugar Maple Farms, D'Artagnan Meat, Plowshares Honey, Paganos Seafood*

