

weekly menu

Monday, January 10, 2022

Snack: Banana and pineapple bread served with milk

Lunch: Wild rice, turkey and vegetable soup (white beans, spinach, squash, tomato) served with pineapple and milk

Snack: Fruit salad served with bakery-fresh baguette and water

Tuesday, January 11, 2022

Snack: Plain yogurt served raspberry compote and milk

Lunch: Tofu bolognese sauce over cavatelli pasta, served with roasted cauliflower, cantaloupe and milk

Snack: Roast garlic hummus served with carrots and water

Wednesday, January 12, 2022

Snack: Alphabet granola served with milk

Lunch: Roast turkey bento box with bakery fresh bread, cucumber spears, sliced apples, served with milk

Snack: Marinated mozzarella served with colorful peppers and water

Thursday, January 13, 2022

Snack: Cinnamon raisin bread muffin served with milk

Lunch: Roast salmon 'nicoise' salad (green beans, fingerling potato, lettuce, capers and olives), served with orange wedges and milk

Snack: House made sunbutter served with banana and water

Friday, January 14, 2022

Snack: Breakfast oat bar served with milk

Lunch: House made focaccia pizza served with garlic roast broccoli, clementine and milk

Snack: Mixed melon 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

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

