

# weekly **menu**

## **Monday, January 24, 2022**

Snack: Alphabet granola served with milk

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

Snack: Colorful peppers served with roast garlic hummus and water

## **Tuesday, January 25, 2022**

Snack: Plain yogurt served with raspberry and banana puree, served with milk

Lunch: Greek salad- romaine lettuce, green beans, marinated chickpeas, olives, feta cheese, topped with vegan tzatziki vinaigrette, served with whole wheat pita and milk

Snack: Cantaloupe served with marinated mozzarella and water

## **Wednesday, January 26, 2022**

Snack: Blueberry muffin served with milk

Lunch: Roast chicken with a caper tomato sauce, served with roasted broccoli, brown rice, cara cara oranges and milk

Snack: Avocado dip served with bakery fresh baguette and water

## **Thursday, January 27, 2022**

Snack: Banana served with milk

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

Snack: Apple slices with house made sunbutter

## **Friday, January 28, 2022**

Snack: Breakfast oat bar served with milk

Lunch: Creamy cauliflower alfredo sauce over penne pasta, served with roast butternut squash, clementine and milk

Snack: Watermelon served with toasted flatbread 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*

