

weekly **menu**

Monday, May 16, 2022

Snack: Alphabet granola served with milk

Lunch: Cauliflower and ricotta mac and cheese with steamed snap peas, pineapple and milk

Snack: Cucumber served with roast garlic hummus and water

Tuesday, May 17, 2022

Snack: Plain yogurt served with fresh blueberries and milk

Lunch: Oven roasted turkey bento box with cucumbers, bakery-fresh sliced baguette and apple slices, served with milk

Snack: Tortilla chips served with tomato salsa and water

Wednesday, May 18, 2022

Snack: Banana served with milk

Lunch: Roast chicken parmesan with marinara sauce over penne pasta, served with garlic green beans, oranges

Snack: Cheddar cheese served with grape tomatoes and water

Thursday, May 19, 2022

Snack: Zucchini bread served with milk

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

Snack: Watermelon served with pita chips and water

Friday, May 20, 2022

Snack: Breakfast oat bar served with milk

Lunch: Broccoli with black bean salsa and cheddar wrap, served with watermelon and milk

Snack: Rice cake served with housemade sunbutter 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

