

weekly **menu**

Monday, June 27, 2022

Snack: Banana with milk

Lunch: Vegetable curry (tomato, chickpeas, squash and coconut milk), over brown rice, served with oranges, snap peas and milk

Snack: Cucumbers served with a roasted garlic hummus and water

Tuesday, June 28, 2022

Snack: Alphabet granola served with milk

Lunch: Creamy cauliflower alfredo sauce over penne pasta, served with roasted green beans, cantaloupe and milk

Snack: Rice cake served with housemade sunbutter and water

Wednesday, June 29, 2022

Snack: Strawberries and blueberries served with toasted oats and milk

Lunch: Grilled cheese on bakery-fresh, multi-grain bread with creamy tomato soup, served with peaches and milk

Snack: Fruit salad served with pretzels and water

Thursday, June 30, 2022

Snack: Crispy hash browns served with applesauce sauce and milk

Lunch: Turkey vegetable burger with cheddar cheese, served with roasted potatoes, carrots, watermelon and milk

Snack: Pears served with whole wheat pita bread and water

Friday, July 1, 2022

Snack: Sunbutter oat bites served with milk

Lunch: Housemade focaccia pizza served with garlic roasted broccoli, oranges and milk

Snack: Peppers served with a vegan onion dip 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

