

# weekly menu

## Monday, July 25, 2022

Snack: Alphabet granola served with milk

Lunch: Vegetable curry (tomato, chickpeas, squash and coconut milk) served with brown rice, shaved roasted brussel sprouts, oranges and milk

Snack: Carrot and cumin hummus served with pepper strips and water

## Tuesday, July 26, 2022

Snack: Strawberry and blueberries topped with toasted oats and served with milk

Lunch: Summer pasta salad (cherry tomatoes, peppers, fresh mozzarella, black olives, cucumber and fresh herbs from the garden), served with sliced plums and milk

Snack: Banana served with house made sunbutter and water

## Wednesday, July 27, 2022

Snack: Cornbread muffin served with milk

Lunch: Roasted New England cod with a citrus vinaigrette, served with roasted broccoli, herbed couscous, pineapple and milk

Snack: Peaches served with bakery-fresh baguette and water

## Thursday, July 28, 2022 (\*North Campus Field Trip)

Snack: Mini croissant served with milk

Lunch: Black bean wrap with summer squash, corn, and caramelized onions, served with carrots, apples and and milk

Snack: Guacamole served with tortilla chips and water

## Friday, July 29, 2022 (\*South Campus Field Trip)

Snack: Steel cut oatmeal with golden raisins and a drizzle of maple syrup, served with water

Lunch: Turkey vegetable burger on a bakery-fresh bun with cheddar cheese, served with roasted potatoes, coleslaw, peaches and milk

Snack: Watermelon served with pretzels and water

*\*Field trip lunch: Sunbutter and jam sandwich on bakery-fresh, multi-grain bread, served with carrots, apple and milk*

- 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

