

weekly **menu**

Monday, July 4, 2022

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Tuesday, July 5, 2022

Snack: Alphabet granola served with milk

Lunch: Chorizo spiced cauliflower, black bean and corn on a whole grain wrap, served with sliced peppers, cantaloupe and milk

Snack: Tortilla chips served with pico de gallo salsa and water

Wednesday, July 6, 2022

Snack: Alphabet granola with milk

Lunch: Baked turkey bento box with marinated cherry tomatoes, garlic bread and sliced apples, served with milk

Snack: Rice cake served with house made sunbutter and water

Thursday, July 7, 2022

Snack: Zucchini bread served with milk

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

Snack: Clementine served with marinated fresh mozzarella and water

Friday, July 8, 2022

Snack: Croissant served with milk

Lunch: Marinated tofu 'power bowl' with brown rice and quinoa blend, roast asparagus, honeydew melon and milk

Snack: Roast sweet potato served with white bean vegan ranch 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

