

weekly menu

Monday, August 15, 2022

Snack: Alphabet granola served with milk

Lunch: Creamy cauliflower mac and cheese served with caramelized onions tossed with green beans, oranges and milk

Snack: Sweet potato hummus served with cucumbers and water

Tuesday, August 16, 2022

Snack: Plain yogurt topped with fresh strawberries and toasted oats, served with milk

Lunch: Baked turkey bento box, with cucumbers, bakery-fresh baguette and oranges, served with milk

Snack: Apples served with housemade sunbutter and water

Wednesday, August 17, 2022

Snack: Cinnamon biscuit served with milk

Lunch: Black bean wrap with roasted zucchini, corn and cheddar cheese, served with colorful peppers, watermelon and milk

Snack: Guacamole served with tortilla chips

Thursday, August 18 2022

Snack: Banana served with milk

Lunch: Roast salmon with lemon and herbs, served with farro tossed with marinated cherry tomatoes, roasted broccoli, plums and milk

Snack: Roasted gold beets served with fresh mozzarella and water

Friday, August 19, 2022

Snack: Feta and pepper baked egg served with milk

Lunch: House made focaccia pizza with broccoli, served with apples and milk

Snack: Fruit salad served with pretzels 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

