

# weekly menu

## **Tuesday, August 8, 2022**

Snack: Alphabet cereal (puffed rice, corn flakes, bran flakes) served with milk

Lunch: Tofu Bolognese sauce over penne pasta, served with parmesan broccoli, oranges and milk

Snack: Carrot and white bean hummus served with sliced peppers and water

## **Tuesday, August 9, 2022**

Snack: Breakfast oat bar served with milk

Lunch: Roast salmon with a teriyaki sauce, served with herbed brown rice, garlic snow peas, honeydew melon and milk

Snack: Watermelon served with pretzels and water

## **Wednesday, August 10, 2022**

Snack: Strawberry and blueberry fruit bowl served with milk

Lunch: Curry seasoned vegetable and soy meatballs, served with roasted Brussels sprouts, brown rice quinoa mix, plums and milk

Snack: Rice cake served with house made sunbutter and water

## **Thursday, August 11 2022**

Snack: Hash browns served with applesauce and water

Lunch: Roast chicken 'panzanella' with garlic croutons, heirloom tomatoes, summer corn and drizzled with balsamic dressing, served with peaches and milk

Snack: Fruit salad and fresh mozzarella served with water

## **Friday, August 12, 2022**

Snack: Raspberry whipped yogurt topped with toasted oats, served with milk

Lunch: Sunbutter and jam sandwich on bakery-fresh, multi-grain bread, served with carrots, apples and milk

Snack: Beets and shaved pear salad served with 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*

