

# weekly menu

## **Monday, October 3, 2022**

Snack: Alphabet granola with milk

Lunch: Southwest spiced cauliflower, blackbean and corn wrap with ranch and cheddar, served with peppers, watermelon and milk

Snack: Apple served with a yogurt dip and water

## **Tuesday, October 4, 2022**

Snack: Steel cut oats with fresh berries, served with milk

Lunch: Roast cod 'nicoise' with capers and olives, served with roasted garlic green beans, herbed jasmine rice, peaches and milk

Snack: Baked sweet potato wedges served with fresh mozzarella and water

## **Wednesday, October 5, 2022 National Kale Day!**

Snack: Cinnamon biscuit served with milk

Lunch: Vegetable and kale chili topped with cheddar cheese served with cornbread, pears and milk

Snack: Cheese bread bites with applesauce and water

## **Thursday, October 6, 2022**

Snack: Breakfast oat bar served with milk

Lunch: Turkey vegetable meatballs served with creamy mashed potatoes, glazed carrots, oranges and milk

Snack: Edamame served with multigrain bread and water

## **Friday, October 7, 2022**

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

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

Snack: Rice cake served with house made sunbutter 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*

