

# weekly menu

## **Monday, September 26, 2022**

Snack: Plain yogurt served with blueberries and milk

Lunch: Broccoli 'pesto' served over cavatappi pasta, served with roasted carrots, oranges and milk

Snack: Bakery-fresh Challah bread served with apples, honey and water

## **Tuesday, September 27, 2022**

Snack: Steel cut oats with golden raisins and a drizzle of maple syrup, served with milk

Lunch: Roast salmon with a teriyaki glaze, served with roasted Brussels sprouts, herbed couscous, nectarines and milk

Snack: Carrots served with a roasted garlic hummus and water

## **Wednesday, September 28, 2022**

Snack: Fresh strawberries and blueberries with toasted oats and milk

Lunch: 'Aloo Gobi' (traditional indian dish) potato and pea curry with chickpea and cauliflower, served with brown rice, pears and milk

Snack: Banana served with house made sun butter and water

## **Thursday, September 29, 2022**

Snack: Crispy hash browns served with apple sauce and milk

Lunch: Chicken slider sandwich on bakery-fresh bread, with avocado, diced tomato, cucumbers and cantaloupe, served with milk

Snack: Fruit salad served with fresh mozzarella and water

## **Friday, September 30, 2022**

Snack: Breakfast oat bar served with milk

Lunch: Grilled cheese on bakery-fresh bread served with creamy tomato soup, oranges and milk

Snack: Baked sweet potato served with vegan white bean ranch 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*

