

weekly **menu**

Monday, November 28, 2022

Snack: Alphabet granola served with milk

Lunch: Creamy cauliflower alfredo sauce over cavatappi pasta, served with ginger roasted butternut squash, apples and milk

Snack: Cucumbers served with a roasted garlic hummus and water

Tuesday, November 29, 2022

Snack: Plain yogurt served with fresh blackberries and milk

Lunch: Roasted salmon with lemon, capers and olives, served with herbed brown rice, broccoli, melon and milk

Snack: Pineapple served with whole wheat pita and water

Wednesday, November 30, 2022

Snack: Breakfast oat bar served with milk

Lunch: Aloo gobi (potato and pea curry with chickpeas) served with carrots, jasmine rice, watermelon and milk

Snack: Fresh mozzarella served with colorful peppers and water

Thursday, December 1, 2022

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

Lunch: Chicken Paprikash served with ditalini pasta, garlic green beans, and oranges served with milk

Snack: Dried apricots served with bakery-fresh baguette and water

Friday, December 2, 2022

Snack: Hashed browns served with applesauce and water

Lunch: Grilled cheese served with creamy tomato soup, 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

