

weekly menu

Monday, December 5, 2022

Snack: Breakfast oat bars served with milk

Lunch: Pasta fagioli (tomato broth, edamame, spinach), served with cucumbers, oranges and milk

Snack: Rice cake served with house made sunbutter and water

Tuesday, December 6, 2022

Snack: Homemade apple bread served with milk

Lunch: Roast vegetable wrap (roast zucchini, caramelized onion, white beans, cheddar cheese), served with apples, colorful peppers and milk

Snack: Tortilla chips served with black bean pineapple salsa and water

Wednesday, December 7, 2022

Snack: Mini croissant served with milk

Lunch: Turkey meatloaf served with garlic mashed potatoes, glazed carrots, pears and milk

Snack: Clementine served with cheddar cheese and water

Thursday, December 8, 2022

Snack: House made zucchini bread served with milk

Lunch: Vegetable tagine with (chickpeas, tomato and peppers), served with roasted cauliflower, couscous and melon

Snack: Sweet potato served with garlic whole wheat pita and water

Friday, December 9, 2022

Snack: Alphabet granola served with milk

Lunch: House-made focaccia pizza topped with mozzarella, basil and 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

