

weekly menu

Monday, January 30, 2023

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

Lunch: Winter squash and sweet potato soup with toasted pumpkin seeds served with garlic green beans, pears, bakery fresh boule and milk

Snack: Cucumbers served with lemon hummus and water

Tuesday, January 31, 2023

Snack: Banana served with milk

Lunch: Roast salmon with a citrus and capers vinaigrette, served with turmeric roasted cauliflower, wild rice, apples and milk

Snack: Colorful peppers served with guacamole and water

Wednesday, February 1, 2023

Snack: Strawberries and blueberries served with toasted oats and milk

Lunch: Tofu Bolognese over fusilli pasta, served with roasted broccoli, Cara Cara oranges and milk

Snack: Fruit salad served with toasted wholegrain pita bread and water

Thursday, February 2, 2023

Snack: Cocoa waffle with a drizzle of maple syrup served with milk

Lunch: Turkey meatloaf with a caramelized onion gravy, served with roasted Brussels sprouts, baby red potatoes, oranges and milk

Snack: Cucumbers served with marinated fresh mozzarella and water

Friday, February 3, 2023

Snack: Breakfast oat bar served with milk

Lunch: Grilled cheese on bakery-fresh, multi-grain bread, served with creamy tomato soup, honey dew melon and milk

Snack: Rice cake serve 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

