

weekly menu

Monday, January 23, 2023

Snack: Fruit oat bar served with milk

Lunch: Chickpea, zucchini and caramelized onion in a spinach wrap drizzled with rosemary vegan ranch, served with carrots, pineapple and milk

Snack: Clementine served with cheddar cheese and water

Tuesday, January 24, 2023

Snack: Plain yogurt topped with berry sauce, served with milk

Lunch: Chicken Paprikash over herbed orzo, served garlic broccoli, apples and milk

Snack: Lemon and roasted garlic hummus served with colorful peppers and water

Wednesday, January 25, 2023

Snack: Alphabet granola served with milk

Lunch: Butternut squash infused mac and cheese served with roasted cauliflower, melon and milk

Snack: Apple served with housemade sunbutter and water

Thursday, January 26, 2023

Snack: Apple bread served with milk

Lunch: Maple mustard-glazed New England cod, served wild rice, pears, ginger roasted carrots and milk

Snack: Fruit salad served with toasted pita bread and water

Friday, January 27, 2023

Snack: Cheddar and chive baked eggs served with milk

Lunch: Southwest seasoned vegetable burger with cheese on a bakery-fresh slider bun, served with cucumbers, blood oranges and milk

Snack: Chef Marcos' Brazilian cheese bread served with applesauce 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

