

weekly **menu**

Monday, February 6, 2023

Snack: Alphabet granola served with milk

Lunch: Eggplant Caponata (tomato, capers, olives, chickpeas) over gemelli pasta served with Cara Cara oranges, broccolini and milk

Snack: Fruit salad served with whole grain pita bread and water

Tuesday, February 7, 2023

Snack: Zucchini bread served with milk

Lunch: Baked turkey bento box with cucumbers, apples and bakery-fresh fresh boule, served with milk

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

Wednesday, February 8, 2023

Snack: Fruit breakfast bar served with milk

Lunch: Vegetable curry (coconut milk, edamame tomato, chickpeas) served with roast squash, herbed couscous, a clementine and milk

Snack: Cucumber and avocado salad served with 'creamy' vegan ranch dressing and water

Thursday, February 9, 2023

Snack: Cinnamon raisin scone served with milk

Lunch: Bouillabaisse fish soup (New England cod, tomato, potato, fennel) served with broccoli, bakery-fresh baguette, apples and milk

Snack: Lemon and roast garlic hummus served with carrots and water

Friday, February 10, 2023

Snack: Banana served with milk

Lunch: House-made Margherita focaccia pizza, served with oranges, carrots and milk

Snack: Honeydew melon served with white grain flatbread 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

