

weekly **menu**

Monday, March 27, 2023

Snack: Breakfast oat bar served with milk

Lunch: Roast zucchini and cheddar wrap with black beans, served with a dollop of sour cream, peppers, blood oranges and milk

Snack: Guacamole served with tortilla chips and water

Tuesday, March 28, 2023

Snack: Crispy hash browns served with apple sauce and milk

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

Snack: Carrots served with a roast garlic, lemon and cumin hummus and water

Wednesday, March 29, 2023

Snack: Zucchini bread served with milk

Lunch: Vegetable curry (with coconut milk, edamame, tomato), served with roasted butternut squash, brown rice, a clementine and milk

Snack: Apples served with housemade sun butter and water

Thursday, March 30, 2023

Snack: Macerated Strawberries and blueberries served with toasted oats and milk

Lunch: BBQ chicken served with corn bread, garlic green beans, pineapple and milk

Snack: Roasted sweet potato wedges served with jack cheddar cheese and water

Friday, March 31, 2023

Snack: Cinnamon raisin biscuit served with milk

Lunch: Housemade falafel burger on a bakery-fresh slider bun, topped with creamy vegan ranch, served with cucumbers, oranges and milk

Snack: Fruit salad served with whole wheat crackers 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

