

weekly menu



Monday, October 2, 2023

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

Lunch: Pasta fagioli (tomato, white beans, kale, olives) served with roasted cauliflower, oranges and milk

Snack: Edamame served with toasted pita and water

Tuesday, October 3, 2023

Snack: Plain yogurt topped with fruit puree, served with milk

Lunch: Roast salmon dusted with smoked paprika and garlic, served with roasted broccoli, wild rice and quinoa mix, apples and milk

Snack: Clementine served with a rice cake and water

Wednesday, October 4, 2023

Snack: Cheddar biscuit bread served with milk

Lunch: California wrap (turkey, avocado, cheddar, lettuce, tomato) served with peppers, pineapple and milk

Snack: Black bean and tomato salsa served with tortilla chips

Thursday, October 5, 2023

Snack: Crispy hash browns served with applesauce and milk

Lunch: Red lentil and sweet potato soup topped with toasted pumpkin seeds, served with bakery-fresh boule bread, garlic green beans, melon and milk

Snack: Avocado dip served with whole wheat crackers and water

Friday, October 6, 2023

Snack: Banana served with milk

Lunch: Housemade focaccia with tomato and mozzarella served with carrots, oranges and milk

Snack: Watermelon served with pretzel bites and water

Please note: We cook with onions, garlic, olive oil, salt, pepper, balsamic vinegar, apple cider vinegar, soy products, sunflower oil and lemon

Local Vendors include: WholeG Bakery, Sugar Maple Farms, D'Artagnan Meat, Plowshares Honey, Paganos Seafood