

weekly menu

Monday, November 27, 2023

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

Lunch: Cauliflower-infused mac and cheese, served with roasted broccoli, oranges and milk

Snack: Cucumbers served with vegan white bean ranch dip, toasted flatbread and water

Tuesday, November 28, 2023

Snack: Breakfast oat fruit bar served with milk

Lunch: Tex mex season roasted vegetable and black bean wrap with pico de gallo and cheddar cheese, served with pineapple, peppers and milk

Snack: Honeydew melon served with fresh mozzarella and water

Wednesday, November 29, 2023

Snack: Banana served with milk

Lunch: Baked cod topped with a tomato, basil and capers sauce, served with brown rice, roasted cauliflower, a clementine and milk

Snack: Garlic toasted pita served with sweet potato puree and water

Thursday, November 30, 2023

Snack: Whole wheat pretzel bagel served with whipped cream cheese and milk

Lunch: Butternut squash and red lentil soup with toasted pumpkin seeds, served with bakery-fresh boule bread, garlic roasted green beans, apples and milk

Snack: Roasted garlic lemon hummus, served with carrots and water

Friday, December 1, 2023

Snack: Sunbutter flaxseed bites served with milk

Lunch: Turkey cheese burger on a bakery-fresh slider bun, served with cucumbers, melon 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

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

