

# weekly **menu**

## **Monday, December 4, 2023**

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

Lunch: Tofu 'bolognese' over rigatoni pasta, served with roasted green beans, apples and milk

Snack: Housemade sunbutter with a rice cake and water

## **Tuesday, December 5, 2023**

Snack: Plain yogurt with mixed berry compote, served with milk

Lunch: Roast salmon with ginger and dill, served with wild rice, roasted cauliflower, pears and milk

Snack: Clementine served with cheddar cheese and water

## **Wednesday, December 6, 2023**

Snack: Zucchini bread served with milk

Lunch: Minestrone soup (butternut squash, kale, white bean, tomato) served with bakery-fresh bread, pineapple and milk

Snack: Cucumbers served with marinated fresh mozzarella and water

## **Thursday, December 7, 2023**

Snack: Alphabet granola served with milk

Lunch: 'Jerk' chicken (mild) served with coconut brown rice, roasted broccoli, oranges and milk

Snack: Guacamole served with tortilla chips and water

## **Friday, December 8, 2023**

Banana served with milk

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

Snack: Dried apricots served with toasted pita chips 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*

