

weekly menu



Monday, December 11, 2023

Snack: Cheddar and parmesan biscuit served with milk

Lunch: Mediterranean wrap (chickpeas, feta, olives, roasted red pepper, tzatziki sauce) served with cucumbers, apples and milk

Snack: Housemade sunbutter served with a rice cake and water

Tuesday, December 12, 2023

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

Lunch: Baked cod with a citrus scallion vinaigrette, served with red quinoa and brown rice mix, garlicky green beans, pears and milk

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

Wednesday, December 13, 2023

Snack: Crispy hash browns with applesauce served with milk

Lunch: Broccoli, white bean and potato soup, topped with parmesan, served with bakery-fresh fresh baguette, oranges and milk

Snack: Melon served with cheddar cheese and water

Thursday, December 14, 2023

Snack: Baked eggs with goat cheese en crouete (in puff pastry) served with milk

Lunch: Roast chicken with a caper artichoke sauce, served with lemony orzo, roasted brussels sprouts, apples and milk

Snack: Fruit salad served with pretzel bread and water

Friday, December 15, 2023

Snack: Sunbutter flaxseed bites served with milk

Lunch: Grilled cheese on bakery fresh, whole wheat bread served with creamy tomato soup, clementines and milk

Snack: Roast garlic hummus served with colorful peppers 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