

weekly menu



Monday, January 23, 2024

Snack: Alphabet granola served with milk

Lunch: Tofu 'bolognese' over rigatoni, served with roasted cauliflower, oranges and milk

Snack: Rice cake served with sunbutter and water

Tuesday, January 24, 2024

Snack: Cinnamon raisin biscuit served with milk

Lunch: Paprika rubbed haddock served with wild rice, tomato stewed 'chraimeh", roasted green beans, apples and milk

Snack: Clementine served with fresh mozzarella and water

Wednesday, January 25, 2024

Snack: Cocoa oat bar (unsweetened) served with milk

Lunch: Vegetable coconut curry (broccoli, squash, tomato, chickpeas) served with couscous, pineapple and milk

Snack: Sweet potato dip served with toasted pita bread and water

Thursday, January 26, 2024

Snack: Pumpkin seed muesli (rolled oats, pumpkin seeds, coconut flakes, golden raisins, dried cranberries) served with milk

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

Snack: Apples served with cheddar cheese and water

Friday, January 27, 2024

Snack: Banana served with milk

Lunch: Sunbutter and jam sandwich on bakery-fresh whole wheat bread, served with a clementine, cucumbers and milk

Snack: Fruit salad served with a rice cake 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