

weekly menu



Monday, January 29, 2024

Snack: Zucchini bread served with milk

Lunch: Red lentil and butternut soup with toasted pumpkin seeds, served with bakery fresh baguette, apples and milk

Snack: Rice cake served with housemade sunbutter and water

Tuesday, January 30, 2024

Snack: Plain yogurt topped with a berry drizzle and toasted oats, served with milk

Lunch: Roast salmon with everything bagel seasoning and lemon oil, served with herbed brown rice, sauteed cabbage, Cara Cara oranges and milk

Snack: Dried apricots served toasted whole grain pita bread and water

Wednesday, January 31, 2024

Snack: Pumpkin spiced oat bar served with milk

Lunch: Turkey meatloaf with caramelized onion jus, served with roast carrots, creamy mashed potatoes, pears and milk

Snack: Melon served with fresh mozzarella and water

Thursday, February 1, 2024

Snack: Overnight oats with dried cranberries, flax and drizzle of maple, served with milk

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

Snack: Beet hummus served with mixed peppers and water

Friday, February 2, 2024

Snack: Banana served with milk

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

Snack: Fruit salad served with pretzel bread 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