

weekly menu

Monday, February 12, 2024

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

Lunch: Butternut squash-infused mac and cheese, served with broccoli, apples and milk

Snack: Rice cake served with housemade sunbutter and water

Tuesday, February 13, 2024

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

Lunch: Roast salmon with ginger and dill served with wild rice, snap peas, a clementine and milk

Snack: Cucumbers served with roasted garlic hummus and water

Wednesday, February 14, 2024

Snack: Pumpkin spice oat bar served with milk

Lunch: Aloo matar (potato and pea curry with chickpeas), served with turmeric cauliflower, toasted pita, oranges and milk

Snack: Sweet potato dip served with whole wheat crackers and water

Thursday, February 15, 2024

Snack: Overnight oats with dried fruit, flax seeds and a drizzle of maple, served with milk

Lunch: Vegetable cheddar sliders with carrots, served with apples and milk

Snack: Dried apricots served with fresh mozzarella and water

Friday, February 16, 2024

Snack: Banana served with milk

Lunch: California wrap (turkey, avocado, cheddar, lettuce), served with peppers, pineapple and served with milk

Snack: Fruit salad served with toasted flatbread 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

