

# weekly menu

## **Monday, February 26, 2024**

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

Lunch: Pasta 'Puttanesca' (anchovy, tomato, capers, olives, oregano), topped with parmesan cheese, served with carrots, melon and milk

Snack: Roasted garlic hummus served with cucumbers and water

## **Tuesday, February 27, 2024**

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

Lunch: Smoked paprika-dusted roasted cod topped with a citrus scallion vinaigrette, served with red quinoa and wild rice mix, roasted cauliflower, pears and milk

Snack: Rice cake served with sweet potato dip and water

## **Wednesday, February 28, 2024**

Snack: Crispy potatoes served with applesauce and milk

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

Snack: Clementines served with fresh mozzarella and water

## **Thursday, February 29, 2024**

Snack: Banana served with sun butter and milk

Lunch: Turkey chili topped with cheddar cheese, served with cornbread, colorful peppers, Cara Cara oranges and milk

Snack: Fruit salad served with toasted pita bread and water

## **Friday, March 1, 2024**

Snack: Zucchini bread served with milk

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

Snack: Artichoke spinach dip served with cucumbers 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*

