

# weekly menu

## **Monday, April 1, 2024**

Snack: Pumpkin spice oat bar served with milk

Lunch: Pasta Puttanesca (anchovy, tomato, capers, olives, oregano) topped with parmesan, served with steamed broccoli, oranges and milk

Snack: Roasted garlic lemon hummus served with carrots and water

## **Tuesday, April 2, 2024**

Snack: Alphabet granola served with milk

Lunch: Roast salmon with a maple mustard glaze, served with lemony orzo, roasted green beans, apples and milk

Snack: Fresh mozzarella cheese served with toasted flatbread and water

## **Wednesday, April 3, 2024**

Snack: Banana served with milk

Lunch: Roasted vegetable wrap with zucchini, peppers, onions and hummus served with carrots, melon and milk

Snack: Guacamole served with tortilla chips and water

## **Thursday, April 4 2024**

Snack: Blueberry cornbread served with milk

Lunch: Jerk chicken (mild) served with coconut rice, roasted cauliflower, pears and milk

Snack: Dried apricots served with a rice cake and water

## **Thursday, April 4 2024**

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

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

Snack: Melon served with cheddar cheese 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*

