

# weekly menu

## **Monday, March 25, 2024**

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

Lunch: Lemon ricotta tofu sauce with lemon, peas and basil over farfalle pasta, served with garlic-roasted broccoli, pineapple and milk

Snack: Clementine served with fresh mozzarella and water

## **Tuesday, March 26, 2024**

Snack: Cheddar biscuit served with milk

Lunch: Vichyssoise (potato leek soup) with scallion oil and crispy chickpeas, served bakery-fresh bread, apples and milk

Snack: Cantaloupe served with a rice cake and water

## **Wednesday, March 27, 2024**

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

Lunch: Turkey meatloaf topped with an onion gravy, served with roasted carrots, served with warm herbed orzo salad, oranges and milk

Snack: Banana served with sunbutter (yogurt subs) and water

## **Thursday, March 28, 2024**

Snack: Zucchini bread served with milk

Lunch: Vegetable burger topped with cheese and vegan 'ranch' on a bakery-fresh slider bun, served with cucumbers, melon and milk

Snack: Artichoke spinach dip served with carrots and water

## **Friday, March 29, 2024**

CLOSED - Good Friday

*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*

