

# weekly **menu**

## **Monday, April 22, 2024**

Snack: Alphabet granola served milk

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

Snack: Roasted garlic hummus served with colorful peppers and milk

## **Tuesday, April 23, 2024**

Snack: Blueberry yogurt topped with toasted oats and served with milk

Lunch: Everything Bagel Spice-roasted salmon with paprika and lemon over wild rice, served with roasted asparagus, pineapple and milk

Snack: Sunbutter served with a rice cake and water

## **Wednesday, April 24, 2024**

Snack: Cheddar and potato frittata served with milk

Lunch: Gobi matar (potato, chickpeas, pea curry) served with herbed couscous, turmeric roasted cauliflower, melon and milk

Snack: Clementine served with cheddar cheese and water

## **Thursday, April 25, 2024**

Snack: Whole wheat bagel with cream cheese served with milk

Lunch: Roast chicken piccata with a caramelized onion lemon jus over brown rice, served with roasted green beans, apples and milk

Snack: Fruit salad served with toasted pita bread and water

## **Friday, April 26, 2024**

Snack: Banana bread served with milk

Lunch: Toscano wrap (zucchini, roasted red peppers, arugula, mozzarella, Italian seasoning) served with cucumbers, oranges and milk

Snack: Black bean and pineapple salsa served with tortilla chips 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*

