

# weekly **menu**

## **Monday, April 29, 2024**

Snack: Alphabet cereal mix served with milk

Lunch: Tofu 'bolognese' over rigatoni pasta topped with parmesan, served with steamed broccoli, apples and milk

Snack: Sun butter served with a rice cake and water

## **Tuesday, April 30, 2024**

Snack: Cinnamon raisin biscuit served with milk

Lunch: Red lentil and butternut squash topped with toasted pumpkin seeds, served with bakery fresh boule, melon and milk

Snack: Clementine served with fresh mozzarella and water

## **Wednesday, May 1, 2024**

Snack: Plain yogurt topped with a blueberry compote, served with milk

Lunch: Southwest seasoned broccoli, cheddar wrap with a black bean spread, served with colorful peppers, pineapple and milk

Snack: Artichoke spinach dip served with garlic flatbread and water

## **Thursday, May 2, 2024**

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

Lunch: Roast chicken Caesar salad topped with garlic croutons, served with carrots, oranges and milk

Snack: Dried apricots served with a rice cake and water

## **Friday, May 3, 2024**

Snack: Banana served with milk

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