

weekly menu

Monday, May 13, 2024

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

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

Snack: Cottage cheese served with a rice cake and water

Tuesday, May 14, 2024

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

Lunch: Roast salmon with a maple mustard glaze, served with herbed couscous, roasted asparagus, clementines and milk

Snack: Roasted garlic and lemon hummus, served with cucumbers and water

Wednesday, May 15, 2024

Snack: Banana served with sunbutter and milk

Lunch: Roast vegetable wrap with zucchini, peppers, caramelized onions and white bean spread, served with carrots, watermelon and milk

Snack: Guacamole served with tortilla chips and water

Thursday, May 16, 2024

Snack: Potato and cheddar cheese frittata served with milk

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

Snack: Dried apricots served with bakery fresh boule bread and water

Friday, May 17, 2024

Snack: Fruit oat bar served with milk

Lunch: Grilled cheese (cheddar/ provolone) on bakery-fresh bread, served with creamy tomato soup, oranges and milk

Snack: Melon served with toasted pita 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

