

Monday, May 6, 2024

Snack: Alphabet granola served with milk

Lunch: Ricotta 'cream' sauce over gemelli pasta with peas, basil, lemon, yellow squash and parmesan cheese, served with apples and milk

Snack: House-made sunbutter served with a rice cake and water

Tuesday, May 7, 2024

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

Lunch: Portuguese black bean soup with fideo (noodles), topped with sour cream and crushed tortilla chips, served with carrots, pineapple and milk

Snack: Cottage cheese served with toasted pita and water

Wednesday, May 8, 2024

Snack: Banana served with milk

Lunch: Vegetable coconut curry (broccoli, sweet potato, tomato, chickpea) served with couscous, apples and milk

Snack: Roast garlic and lemon hummus served with cucumbers and milk

Thursday, May 9, 2024

Snack: Breakfast oat bar served with milk

Lunch: Cod baked with tomato with fennel, onions, and capers, served with wild rice, asparagus, oranges and milk

Snack: Dried apricots served with fresh mozzarella and water

Thursday, May 10, 2024

Snack: Zucchini bread served with milk

Lunch: Turkey sandwich with roasted peppers, arugula and cheddar on bakery-fresh whole wheat bread, served with oranges and milk

Snack: Melon served with a rice cake 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

weekly **menu**

