

weekly menu

Monday, June 10, 2024

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

Lunch: Cauliflower-infused mac and cheese, served with garlic green beans, apples and milk

Snack: Roast garlic hummus served with carrots and water

Tuesday, June 11, 2024

Snack: Fresh berries served with toasted oats and milk

Lunch: Smoked paprika-dusted baked cod topped with a ginger and dill vinaigrette, served with roasted broccoli, wild rice, oranges and milk

Snack: Melon served with fresh mozzarella and water

Wednesday, June 12, 2024

Snack: Overnight oats topped with dried fruit, drizzled with maple syrup, served with milk

Lunch: Vegetable coconut curry (squash, peas, tomato, chickpeas) served with herbed brown rice, pineapple and milk

Snack: Artichoke spinach dip served with cucumbers and water

Thursday, June 13, 2024

Snack: Blueberry cornbread served with milk

Lunch: Turkey taco salad with lettuce, red cabbage, cheddar, tortilla chips and a lime cilantro dressing, served with watermelon and milk

Snack: Sunbutter with a rice cake and water

Friday, June 14, 2024

Snack: Banana served with milk

Lunch: Grilled cheese on bakery-fresh, multi-grain bread, served with creamy tomato soup, oranges and milk

Snack: Watermelon served with toasted flatbread 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

