

weekly menu

Monday, July 22, 2024

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

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

Snack: Sunbutter served with a rice cake and water

Tuesday, July 23, 2024

Snack: Breakfast oat bar served with milk

Lunch: Smoked paprika-roasted cod with a ginger dill vinaigrette, served with herbed brown rice, corn on the cob, peaches and milk

Snack: Roasted eggplant and white bean spread, served with tortilla chips and water

Wednesday, July 24, 2024

Snack: Banana served with milk

Lunch: Sunbutter and jam sandwich on bakery-fresh whole wheat bread, served with carrots, apple and milk

Snack: Cherry tomato and fresh mozzarella salad with basil from the garden, served with water

Thursday, July 25, 2024

Snack: Bakery-fresh pretzel bagel served with whipped cream cheese and milk

Lunch: Turkey meatloaf served with roasted green beans, creamy mashed potato with a caramelized onion and rosemary jus, oranges and milk

Snack: Sweet potato dip served with toasted pita and water

Friday, July 26, 2024

Snack: Maple cranberry biscuit served with milk

Lunch: Toscano wrap with roasted zucchini, eggplant, arugula, mozzarella and white bean spread, served with peppers, melon and milk

Snack: Fruit salad 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

