

weekly menu

Monday, July 15, 2024

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

Lunch: Kale and arugula pesto over Cavatappi pasta, served with roasted cauliflower, apples and milk

Snack: Roasted garlic and lemon hummus, served with toasted flatbread and water

Tuesday, July 16, 2024

Snack: Fresh mixed berries served with milk

Lunch: Roast salmon with Everything-Bagel spice and lemon oil, served with wild rice and red quinoa blend, garlic broccoli, oranges and milk

Snack: Caprese salad (cherry tomatoes, fresh mozzarella, olive oil, balsamic vinegar and Alphabet-grown basil) served with water

Wednesday, July 17, 2024

Snack: Maple cheddar biscuits served with milk

Lunch: Toscano wrap (roast zucchini, arugula, mozzarella, roasted eggplant and white bean spread, italian dressing) served with melon and milk

Snack: Fresh corn and black bean salsa served with tortilla chips and water

Thursday, July 18, 2024

Snack: Zucchini bread served with milk

Lunch: Zaatar-roasted chicken with caramelized onion jus, served with herbed potatoes with chermoula (fresh herbed sauce) seasoned green beans, pineapple and milk

Snack: Clementine served with a rice cake and water

Friday, July 19, 2024

Snack: Banana served with milk

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

Snack: Fruit salad served with toasted pita 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

