

weekly menu

Monday, July 8, 2024

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

Lunch: Creamy ricotta tofu sauce over gemelli pasta, served with roasted broccoli, oranges and milk

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

Tuesday, July 9, 2024

Snack: Pretzel bagel topped with cream cheese, served with milk

Lunch: Roast cod tacos with red cabbage and lettuce, served with watermelon and milk

Snack: Cheddar cheese served with apple and water

Wednesday, July 10, 2024

Snack: Overnight oats with dried fruit and a drizzle of maple syrup, served with milk

Lunch: Housemade falafel topped with tzatziki sauce, served red quinoa tabbouleh, cucumber, pineapple and milk

Snack: Fresh mozzarella served with cherry tomatoes and water

Thursday, July 11, 2024

Snack: Blueberry cornbread served with milk

Lunch: Chopped salad with baked turkey (romaine, arugula, roast pepper) topped with a vegan 'ranch' dressing, served with bakery-fresh baguette, a clementine and milk

Snack: Apricots served with toasted pita bread and water

Friday, July 12, 2024

Snack: Breakfast fruit oat bar served with milk

Lunch: Southwest seasoned black bean and cheese quesadilla, served with peppers, oranges and milk

Snack: Guacamole served with tortilla 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

