

weekly menu

Monday, August 12, 2024

Snack: Alphabet granola with milk

Lunch: Summer squash mac and cheese served with roasted broccoli, apples and milk

Snack: Garlic hummus served with toasted flatbread and water

Tuesday, August 13, 2024

Snack: Banana served with milk

Lunch: Roasted cod with Everything Bagel Spice and lemon oil, served with roasted green beans, herbed brown rice, melon and milk

Snack: Marinated mozzarella balls with cucumbers, served with water

Wednesday, August 14, 2024

Snack: Breakfast oat bar served with milk

Lunch: Egg salad sandwich on bakery-fresh, whole wheat bread, served with carrots, oranges and milk

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

Thursday, August 15, 2024

Snack: Overnight oats with roasted peaches, flax seed, maple syrup, served with milk

Lunch: Roast chicken served with a greek tomato/ cucumber and feta salad, garlic bread baguette, apples and milk

Snack: Spinach artichoke dip served with pita bread and water

Friday, August 16, 2024

Snack: Maple cranberry biscuit served with milk

Lunch: Za'atar spiced vegetable wrap (summer squash, eggplant, cherry tomato, chick pea) , served with peppers, oranges and milk

Snack: Watermelon served with toasted pumpkin seeds 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

