

weekly menu

Monday, October 14, 2024

CLOSED - INDIGENOUS PEOPLES DAY

Tuesday, October 15, 2024

Snack: Fresh berries served with toasted oats and milk

Lunch: Creamy ricotta tofu sauce over rigatoni pasta served with roasted broccoli, plums and milk

Snack: Fruit salad served with toasted pita

Wednesday, October 16, 2024

Snack: Alphabet granola served with milk

Lunch: Baked salmon with Everything Bagel Spice and lemon oil, served with wild rice, roasted delicata squash, pears and milk

Snack: Cucumbers served with sweet potato hummus and water

Thursday, October 17, 2024

Snack: Zucchini bread served with milk

Lunch: Red lentil and butternut squash soup topped with pumpkin seeds, served with bakery-fresh baguette, apples and milk

Snack: Dried apricots served with cheddar cheese and water

Friday, October 18, 2024

Snack: Banana served with house-made sunbutter and water

Lunch: House-made focaccia topped with tomatoes, mozzarella and fresh basil, served with peppers, watermelon 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