

# weekly menu

## **Monday, October 21, 2024**

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

Lunch: Butternut squash mac and cheese, served with garlic broccoli, pears and milk

Snack: Roasted eggplant dip served with bakery-fresh boule and water

## **Tuesday, October 22, 2024**

Snack: Fresh berries topped with toasted oats and served with milk

Lunch: Chicken piccata (lemon, capers) served with orzo, delicata squash, oranges and milk

Snack: Apricots served with fresh mozzarella and water

## **Wednesday, October 23, 2024**

Snack: Egg, potato and basil frittata served with milk

Lunch: Toscano wrap with roast zucchini, mozzarella, roast peppers and white bean spread, served with carrots, melon and milk

Snack: Black bean and pineapple salsa served with tortilla chips and water

## **Thursday, October 24, 2024**

Snack: Pretzel bagel served with whipped cream cheese and milk

Lunch: Roast cod topped with a tomato fennel sauce, served with roasted Brussels sprouts, herbed couscous, apples and milk

Snack: Housemade sunbutter served with a rice cake and water

## **Friday, October 25, 2024**

Snack: Banana served with milk

Lunch: Egg salad sandwich on bakery-fresh bread, served with cucumbers, oranges 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*

