

# weekly menu

## **Monday, October 28, 2024**

Snack: Plain yogurt topped with a mixed fruit puree, served with milk

Lunch: Broccoli and kale pesto over farfalle pasta, topped with parmesan, served with roasted delicata squash, pears and milk

Snack: Sweet potato hummus served with bakery-fresh baguette and water

## **Tuesday, October 29, 2024**

Snack: Maple cranberry biscuit served with milk

Lunch: Roasted salmon 'nicoise' with roasted potatoes, green beans, olives, basil served with oranges and milk

Snack: Dried apricots served with cheddar cheese and water

## **Wednesday, October 30, 2024**

Snack: Banana bread served with milk

Lunch: Southwest seasoned black bean and cheddar quesadilla served with peppers, watermelon and milk

Snack: Guacamole served with chips and water

## **Thursday, October 31, 2024**

Snack: Pumpkin spiced overnight oats served with milk

Lunch: Greek turkey meatballs served with vegan tzatziki sauce, toasted pita, cucumbers, apples and milk

Snack: Garlic and rosemary mini popovers served with whipped ricotta and water

## **Friday, November 1, 2024**

Snack: Blueberry corn muffin served with milk

Lunch: Sunbutter and jam sandwich on bakery-fresh bread, served with carrots, apples and milk

Snack: Artichoke spinach dip served with cucumbers 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*

