

weekly menu

Monday, October 7, 2024

Snack: Cheddar biscuit served with milk

Lunch: Cauliflower alfredo mac and cheese, served with garlic snap peas, apples and milk

Snack: Roasted garlic eggplant dip served with garlic toasted pita and water

Tuesday, October 8, 2024

Snack: Plain yogurt topped with a berry drizzle and toasted oats, served with milk

Lunch: Toscano wrap with roasted zucchini, mozzarella, roasted peppers and hummus, served with carrots, pineapple and milk

Snack: Tortilla chips served with spinach-artichoke dip and water

Wednesday, October 9, 2024

Snack: Pumpkin spiced overnight oats with a drizzle of maple syrup, served with milk

Lunch: House-made falafel topped with vegan tzatziki sauce, served with wild rice, cucumbers, oranges and milk

Snack: Apples served with fresh mozzarella and water

Thursday, October 10, 2024

Snack: Banana bread served with milk

Lunch: BBQ turkey meatballs, served with roasted brussels sprouts, sweet potato mash, watermelon and milk

Snack: Dried apricots served with cheddar cheese and water

Friday, October 11, 2024

Snack: Fruit oat bars served with milk

Lunch: Grilled cheese on bakery-fresh bread, served with creamy tomato soup, plums and milk

Snack: Sun butter served with a rice cake 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

