

weekly menu

Monday, November 18, 2024

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

Lunch: Cauliflower alfredo mac and cheese served with garlic green beans, apples and milk

Snack: Housemade sunbutter served with a rice cake and water

Tuesday, November 19, 2024

Snack: Pumpkin spice oat bars served with milk

Lunch: Vegetable tagine (sweet potato, tomato, peppers, chickpeas, ginger, cinnamon) over with basmati rice, served with pineapple and milk

Snack: Parmesan and thyme biscuit served with a clementine and water

Wednesday, November 20, 2024

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

Lunch: Sunbutter and jam sandwiches on bakery-fresh bread, served with carrots, pears and milk

Snack: Dried apricots served with cheddar cheese and water

Thursday, November 21, 2024

Snack: Overnight oats with dried fruit and a drizzle of maple and served with milk

Lunch: Roast cod with a tomato fennel sauce, served with roasted brussel sprouts, herbed orzo, apples and milk

Snack: Eggplant hummus served with pretzel bread and water

Friday, November 22, 2024

Snack: Banana served with milk

Lunch: Southwest seasoned black bean quesadilla served with colorful peppers, oranges and milk

Snack: Watermelon 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

