

weekly menu

Monday, December 2, 2024

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

Lunch: Tofu 'bolognese' over cavatappi pasta served with roasted garlic broccoli, apples and milk

Snack: Roast eggplant hummus served with toasted pita bread and water

Tuesday, December 3, 2024

Snack: Zucchini bread served with milk

Lunch: Roast salmon with Everything Bagel Spice and lemon oil served with wild rice, roasted cauliflower, clementines and milk

Snack: Cheddar cheese served with whole wheat crackers and water

Wednesday, December 4, 2024

Snack: Fruit oat bar served with milk

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

Snack: Dried apricots served with a rice cake and water

Thursday, December 5, 2024

Snack: Alphabet granola served with milk

Lunch: House-made falafel topped with vegan ranch dip, served with roasted carrots, pineapple and milk

Snack: Artichoke spinach dip served with tortilla chips and water

Friday, December 6, 2024

Snack: Banana served with milk

Lunch: Sunbutter and jam sandwich on bakery-fresh bread, served with colorful peppers, oranges and milk

Snack: Fruit salad served with fresh mozzarella 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

