

# weekly menu

## **Monday, December 9, 2024**

Snack: Pumpkin spice oat bar served with milk

Lunch: Creamy tofu ricotta sauce over rigatoni pasta, served with garlic broccoli, pears and milk

Snack: Roast garlic hummus served with carrots

## **Tuesday, December 10, 2024**

Snack: Plain yogurt topped with a berry puree, served with milk

Lunch: Roast cod with tomato sauce (capers, olives, onions, oregano), served with wild rice, roasted green beans, oranges and milk

Snack: Dried apricot served with cheddar cheese and water

## **Wednesday, December 11, 2024**

Snack: Banana bread served with milk

Lunch: Southwest seasoned black bean and cheddar quesadilla, served with cucumbers, melon and milk

Snack: Guacamole served with tortilla chips and water

## **Thursday, December 12, 2024**

Snack: Cheddar biscuit served with milk

Lunch: BBQ roast chicken, served with roasted Brussels sprouts, potato salad, apples and milk

Snack: Sundried tomato and fresh mozzarella salad served with water

## **Friday, December 13, 2024**

Snack: Blueberry muffin served with milk

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

Snack: House-made 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*

