

Monday, January 13, 2025

Snack: Pumpkin spice oat bar served with milk

Lunch: Pasta fagiole (ditalini, tomato, cannellini beans, kale), served with garlic broccoli, melon and milk

Snack: Cheddar served with bakery-fresh baguette and water

Tuesday, January 14, 2025

Snack: Alphabet cereal mix served with milk

Lunch: Turkey meatloaf topped with onion jus, served with a warm potato salad, green beans, pears and milk

Snack: Lemony/ garlic hummus served with carrots and water

Wednesday, January 15, 2025

Snack: Zucchini bread served with milk

Lunch: Black Bean and sweet potato soup topped with a dollop of sour cream, crushed tortilla chips and scallions, served with peppers, oranges and milk

Snack: Marinated mozzarella balles served with pretzel bread bites, and water

Thursday, January 16, 2025

Snack: Plain yogurt topped with dried cranberries and toasted oats, served with milk

Lunch: Roast salmon with a vegan caper tartar sauce, served with wild rice, roasted carrots, apples and milk

Snack: House-made sunbutter served with a rice cake and water

Friday, January 17, 2025

Snack: Banana served with milk

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

Snack: Fruit salad served with Alphabet trail mix (cinnamon oat crumble, sunflower seeds and dried fruit) 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

weekly **menu**

