

weekly menu

Monday, January 27, 2025

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

Lunch: Cauliflower-infused mac and cheese served with roasted garlic snap peas, pears and milk

Snack: Clementine served with a rice cake and water

Tuesday, January 28, 2025

Snack: Overnight oats with dried cranberries, served with milk

Lunch: Roast salmon topped with Everything Bagel Spice and lemon oil, served with wild rice, roasted broccoli, Cara Cara oranges and milk

Snack: Artichoke and spinach dip served with bakery-fresh pretzel bread and water

Wednesday, January 29, 2025

Snack: Alphabet granola served with milk

Lunch: Sun butter and jam sandwich on bakery-fresh bread, served with carrots, apples and milk

Snack: Fresh mozzarella and marinated cherry tomatoes served with water

Thursday, January 30, 2025

Snack: Banana served with milk

Lunch: Lentil and butternut squash soup with a dollop of sour cream and scallions, served with bakery-fresh baguette, cucumbers, pineapple and milk

Snack: Fruit salad served with a yogurt dip and water

Friday, January 31, 2025

Snack: Breakfast oat bar served with milk

Lunch: Caramelized onion and mozzarella wrap with marinated chick peas and sauteed baby kale, served with peppers, melon and milk

Snack: House-made guacamole served with tortilla chips 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

