

# weekly menu

## **Monday, January 6, 2025**

Snack: Alphabet granola served with milk

Lunch: Tofu “bolognese” over rigatoni pasta, served with roasted broccoli, oranges and milk

Snack: Roasted garlic and lemon hummus served with carrots and water

## **Tuesday, January 7, 2025**

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

Lunch: Roasted chicken with a tomato fennel sauce, served with wild rice, green beans, apples and milk

Snack: House-made sunbutter served a rice cake and milk

## **Wednesday, January 8, 2025**

Snack: Zucchini bread served with milk

Lunch: Cauliflower, white bean and potato soup, served with cucumbers, pears, bakery-fresh baguette and milk

Snack: Clementine served with cheddar cheese and water

## **Thursday, January 9, 2025**

Snack: Pretzel bagel topped with cream cheese, served with milk

Lunch: Tex-mex rice and black bean burrito with cheddar cheese, served with a dollop of sour cream, colorful peppers, melon and milk

Snack: House-made guacamole served with tortilla chips and water

## **Friday, January 10, 2025**

Snack: Banana served with milk

Lunch: Egg salad sandwich on bakery fresh bread, served with carrots, pineapple and milk

Snack: Marinated mozzarella balls served with apples 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*

