

# weekly menu

## **Monday, February 10, 2025**

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

Lunch: Tofu bolognese over rigatoni, served with roasted broccoli, apples and milk

Snack: Clementine served with cheddar cheese and water

## **Tuesday, February 11, 2025**

Snack: Overnight oats with dried cranberries and a drizzle of maple syrup, served with milk

Lunch: Baked salmon with a caper and mustard sauce, served with wild rice, turmeric-roasted cauliflower, pineapple and milk

Snack: Housemade sunbutter served with a rice cake and water

## **Wednesday, February 12, 2025**

Snack: Crispy hash browns served with pear sauce and 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 served with pretzel bread and water

## **Thursday, February 13, 2025**

Snack: Zucchini bread served with milk

Lunch: Parmesan roast chicken served with green beans, orzo, apples and milk

Snack: Melon served with toasted pita bread and water

## **Friday, February 14, 2025**

Snack: Banana served with milk

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

Snack: Artichoke and spinach dip served with carrots 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*

