

weekly menu

Monday, February 24, 2025

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

Lunch: Butternut squash mac and cheese, served with roasted broccoli, apples and milk

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

Tuesday, February 25, 2025

Snack: Breakfast oat bar served with milk

Lunch: Everything Bagel Spice roasted salmon with lemon oil, served with wild rice, garlic green beans, melon and milk

Snack: Rice cake served with house-made sunbutter and water

Wednesday, February 26, 2025

Snack: Crispy hash browns served with apple sauce and milk

Lunch: Chopped salad (romaine, arugula, spinach, red pepper) with vegetable meatballs, topped with vegan ranch dressing, bakery-fresh baguette, pineapple and milk

Snack: Clementine served with cheddar cheese and water

Thursday, February 27, 2025

Snack: Blueberry cornbread served with milk

Lunch: Red lentil and sweet potato soup, served with roasted snap peas, bakery-fresh boule bread, pears and milk

Snack: Fruit salad served with fresh mozzarella and water

Friday, February 28, 2025

Snack: Banana served with milk

Lunch: California wrap (turkey, avocado, lettuce, jack cheese) served with carrots, oranges and milk

Snack: Black bean salsa 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

