

weekly menu

Monday, February 3, 2025

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

Lunch: Pasta puttanesca (tomato, olives, anchovy, capers, oregano) topped with parmesan cheese, served with roasted broccoli, oranges and milk

Snack: Rice cake served with sunbutter and water

Tuesday, February 4, 2025

Snack: Breakfast oat bar served with milk

Lunch: Baked cod with a vegan 'creamy' caper mustard dill sauce, served with brown rice, roasted cauliflower, apples and milk

Snack: Apricots served with cheddar cheese and water

Wednesday, February 5, 2025

Snack: Plain yogurt with a fruit puree, served with milk

Lunch: Vegetable tagine (sweet potato, pepper, chickpeas, tomato) over brown rice, served with snap peas, pineapple and milk

Snack: Artichoke dip served with toasted pita bread and water

Thursday, February 6, 2025

Snack: Crispy hash browns served with pear sauce, served with milk

Lunch: Turkey slider with cheddar cheese and a drizzle of vegan ranch on a bakery-fresh bread, served with carrots, melon and milk

Snack: Roast garlic hummus served with cucumbers and water

Friday, February 7, 2025

Snack: Banana served with milk

Lunch: Southwest seasoned black bean and cheddar wrap, served with colorful peppers, blood oranges and milk

Snack: Clementine served with bakery-fresh pretzel bread 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

