

# weekly menu

## **Monday, March 31, 2025**

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

Lunch: Butternut squash mac and cheese, served with steamed broccoli, pears and milk

Snack: Dried apricots served with toasted pita and water

## **Tuesday, April 1, 2025**

Snack: Overnight oats with dried fruit, flax seed and milk

Lunch: Roast cod with a maple mustard sauce, served with wild rice, roasted green beans, a clementine and milk

Snack: Roast garlic hummus served with bakery-fresh baguette and water

## **Wednesday, April 2, 2025**

Snack: Crispy hash browns served with an apple/pear sauce and milk

Lunch: Tex-Mex seasoned rice, black bean and cheddar burrito, served with carrots, pineapple and milk

Snack: Guacamole served with tortilla chips and water

## **Thursday, April 3, 2025**

Snack: Mixed fruit oat bar served with milk

Lunch: Sloppy Joe turkey slider with cheddar cheese, served with peppers, tangelos and milk

Snack: Watermelon served with fresh mozzarella and water

## **Friday, April 4, 2025**

Snack: Banana served with milk

Lunch: Focaccia topped with tomato, mozzarella and fresh basil, served with cucumbers, apples and milk

Snack: Roast sweet potato wedges with a rice cake 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*

