

# weekly menu

## **Monday, April 21, 2025**

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

Lunch: Cauliflower mac and cheese with Parmesan, served with steamed broccoli, oranges and milk

Snack: Roasted garlic hummus served with cucumbers and water

## **Tuesday, April 22, 2025**

Snack: Berry yogurt topped with toasted oats and cocoa nibs, served with milk

Lunch: Baked cod with a caper mustard sauce and caramelized fennel, served with wild rice, roasted green beans, apples and milk

Snack: Clementines served with fresh mozzarella and water

## **Wednesday, April 23, 2025**

Snack: Cocoa powder-dusted croissant served with milk

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

Snack: Guacamole served with chips and water

## **Thursday, April 24, 2025**

Snack: Pretzel bagel served with whipped cream cheese and milk

Lunch: Turkey salad with lettuce and red cabbage mix and shredded cheddar cheese, topped with with a lime ranch dressing, served with melon, bakery-fresh baguette and milk

Snack: Spinach artichoke dip served with cucumbers and water

## **Friday, April 25, 2025**

Snack: Banana bread served with milk

Lunch: House-made foccacia with mozzarella and tomato, served with carrots, apples and milk

Snack: Clementine served 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*

