

# weekly menu

## **Monday, April 7, 2025**

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

Lunch: Tofu bolognese over farfalle topped with parmesan cheese, served with steamed broccoli, oranges and milk

Snack: Honeydew melon served with a rice cake and water

## **Tuesday, April 8, 2025**

Snack: Berry yogurt topped with toasted oats and served with milk

Lunch: Red lentil and sweet potato soup topped with toasted pumpkin seeds, served with roasted cauliflower, apples, bakery-fresh baguette and milk

Snack: Clementine served with toasted, whole-grain pita and water

## **Wednesday, April 9, 2025**

Snack: Alphabet granola served with milk

Lunch: Roast salmon with Everything bagel seasoning and lemon oil, served with marble potatoes, garlic snap peas, pears and milk

Snack: Watermelon served with whipped ricotta and water

## **Thursday, April 10, 2025**

Snack: Cinnamon biscuit served with milk

Lunch: Falafel season vegetable meatballs topped with vegan tzatziki, served with red quinoa tabbouleh, cucumbers, melon and milk

Snack: Artichoke spinach dip served with tortilla chips and water

## **Friday, April 11, 2025**

Snack: Banana bread served with milk

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

Snack: Dried apricots served with cheddar cheese 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*

