

# weekly menu



## **Monday, May 12, 2025**

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

Lunch: Sweet potato-infused mac and cheese, served with steamed broccoli, oranges and milk

Snack: Dried apricots served with whole-grain toasted pita bread and water

## **Tuesday, May 13, 2025**

Snack: Dried cranberry and cocoa fruit bars served with milk

Lunch: Roast salmon with a ginger, dill and mint vinaigrette, served with wild rice, asparagus, pears and milk

Snack: Melon served with a rice cake and water

## **Wednesday, May 14, 2025**

Snack: Cinnamon biscuit served with milk

Lunch: Red lentil and squash soup topped with toasted pumpkin seeds and chives, served with roasted green beans, apples, bakery-fresh baguette and milk

Snack: Beet hummus served with cucumber spears and water

## **Thursday, May 15, 2025**

Snack: Zucchini bread served with milk

Lunch: Chickpea, potato and English pea curry with caramelized onions, served with herbed farro, turmeric roasted cauliflower, pears and milk

Snack: Clementine with cheddar cheese

## **Friday, May 16, 2025**

Snack: Banana served with milk

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

Snack: Black bean and pineapple 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*