

weekly menu



Monday, May 19, 2025

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

Lunch: Cavatapi pasta with crushed chickpeas, feta and marinated cherry tomatoes, served with cucumbers, apples and milk

Snack: Clementine served with a rice cake and water

Tuesday, May 20, 2025

Snack: Berry yogurt with toasted oats, served with milk

Lunch: Baked cod with a caper mustard sauce and dill, served with roasted cabbage with caraway, roasted red potatoes, oranges and milk

Snack: Sweet potato hummus served with cucumbers and water

Wednesday, May 21, 2025

Snack: Cocoa waffle with a drizzle of maple, served with milk

Lunch: Quesadilla with Tex-mex seasoned rice, broccoli, vegetable meatball and cheddar cheese, served with peppers, pineapple and milk

Snack: Tortilla chips served with guacamole and water

Thursday, May 22, 2025

Snack: Orange loaf served with milk

Lunch: Portuguese black bean soup topped with sour cream and cilantro, served with bakery-fresh boule bread, carrots, cantaloupe and milk

Snack: Dried apricots served cheddar cheese and water

Friday, May 23, 2025

Snack: Banana served with milk

Lunch: Fugazzeta (mozzarella cheese stuffed focaccia with caramelized onions, parmesan and sundried tomato) served with oranges, roasted green beans and milk

Snack: Watermelon served with house-made 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