

weekly menu



Monday, May 5, 2025

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

Lunch: Cheese gnocchi with English peas, topped with tofu bolognese, served with garlic roast green beans, oranges and milk

Snack: Clementine served with a rice cake and water

Tuesday, May 6, 2025

Snack: Mixed berry yogurt topped with toasted oats and served with milk

Lunch: Chopped salad (romaine, red cabbage, arugula) with roasted peppers and marinated chickpeas with parmesan with served with melon, fresh baguette and milk

Snack: Artichoke dip served with carrots and water

Wednesday, May 7, 2025

Snack: Lemon berry muffins served with milk

Lunch: Egg salad sandwich on bakery-fresh slider buns, served cucumbers, apples and milk

Snack: Fruit salad served with fresh mozzarella and water

Thursday, May 8, 2025

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

Lunch: Chicken piccata with sun-dried tomato orzo, served with steamed broccoli, oranges and milk

Snack: Cheddar cheese served with house-made pretzel bites and water

Friday, May 9, 2025

Snack: Banana bread served with milk

Lunch: Grilled cheese on bakery-fresh bread, served with tomato soup, carrots, pineapple and milk

Snack: Watermelon 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