

weekly menu

Monday, June 16, 2025

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

Lunch: Tofu bolognese over cavatappi pasta with parmesan, served with roasted broccoli, apples and milk

Snack: Clementine served with cheddar cheese and water

Tuesday, June 17, 2025

Snack: Fresh berries with toasted oats, served with milk

Lunch: Roast salmon with a caper mustard sauce and dill over wild rice, served with roasted green beans, pineapple and milk

Snack: Fruit salad served with toasted pita bread and water

Wednesday, June 18, 2025

Snack: Cranberry orange muffin served with milk

Lunch: Chickpea curry with peas, squash and Israeli couscous, served with roasted carrots, apples and milk

Snack: Marinated fresh mozzarella served with peppers and water

Thursday, June 19, 2025

CLOSED: Juneteenth

Friday, June 20, 2025

Snack: Banana served with milk

Lunch: Focaccia with tomato and mozzarella with fresh basil, served with cucumbers, melon and milk

Snack: Dried apricots 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