

weekly menu

Monday, June 23, 2025

Snack: Alphabet granola served with milk

Lunch: Cauliflower mac and cheese with a tofu ricotta sauce, served with cucumbers, apples and milk

Snack: Dried apricots served with a rice cake and water

Tuesday, June 24, 2025

Snack: Berry yogurt served with toasted oats, served with milk

Lunch: Oven-roasted cod with a mint and ginger vinaigrette, served with wild rice, roasted broccoli, oranges and milk

Snack: Honeydew melon served with whole grain toasted pita and water

Wednesday, June 25, 2025

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

Lunch: Chopped salad (romaine, cabbage, arugula) with marinated chickpeas and parmesan, served with vegan ranch, sliced apples, bakery-fresh fresh baguette and milk

Snack: Artichoke dip served with house made pretzel bites and water

Thursday, June 27, 2025

Snack: Cheddar scone served with milk

Lunch: Roasted chicken with a peach barbeque sauce, served with charred scallion potato salad, carrots, watermelon and milk

Snack: Clementine served fresh mozzarella and water

Friday, June 27, 2025

Snack: Banana bread served with milk

Lunch: Roasted corn and black bean salsa wrap with cheddar cheese, served with peppers, pineapple and milk

Snack: Pico de gallo 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

