

weekly menu



Monday, June 9, 2025

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

Lunch: Cauliflower alfredo sauce over gnocchi, served with steamed broccoli, a clementine and milk

Snack: Sweet potato hummus served with cucumbers and water

Tuesday, June 10, 2025

Snack: Overnight oats with a berry puree, served with milk

Lunch: Roasted cod with a tomato fennel sauce, served with red bliss potato salad, garlic-roasted green beans, apples and milk

Snack: Cherry tomato caprese salad with toasted pita

Wednesday, June 11, 2025

Snack: Peach yogurt topped with toasted oats, served with milk

Lunch: Roasted vegetable meatballs served with herbed brown rice, falafel-seasoned roasted carrots, oranges and milk

Snack: Dried apricots served with cheddar cheese and water

Thursday, June 12, 2025

Snack: Carrot raisin muffins served with milk

Lunch: Turkey taco salad with lettuce and cabbage, topped with cheddar cheese, tortilla chips and lime ranch dressing, served with watermelon and milk

Snack: Garlic bread served with red pepper coulis and water

Friday, June 13, 2025

Snack: Zucchini bread served with milk

Lunch: Mediterranean wrap (chickpea/ lentil mix, olives, red onion, feta, tzatziki sauce), served with cucumbers, apples and milk,

Snack: Honeydew melon 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