

# weekly menu



## **Monday, July 7, 2025**

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

Lunch: Cheese tortellini with lemon oil, herbs from the garden, topped with parmesan, served with roasted broccoli, oranges and milk

Snack: Roasted garlic and lemon hummus served with carrots and water

## **Tuesday, July 8, 2025**

Snack: Mixed berry yogurt served with toasted oats and milk

Lunch: Roast salmon topped with a caper mustard sauce and fresh dill, served wild rice, apples and milk

Snack: Dried apricots served with toasted pita and water

## **Wednesday, July 9, 2025**

Snack: Overnight oats with dried cranberries, maple and flax seeds, served with milk

Lunch: Falafel-seasoned vegetable meatballs with a red quinoa tabbouleh, served with cucumbers, melon and milk

Snack: Marinated fresh mozzarella served with peppers and water

## **Thursday, July 10, 2025**

Snack: Fruit oat bar served with milk

Lunch: Sunbutter and jam sandwich on bakery-fresh, whole grain bread, served with carrots, apples and milk

Snack: Watermelon served with a rice cake and water

## **Friday, July 11, 2025**

Snack: Carrot raisin muffin served with milk

Lunch: California wrap with turkey, avocado, shredded lettuce "shrettuce" and mozzarella, served with cucumbers 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*