

weekly menu



Monday, July 14, 2025

Snack: Alphabet granola served with milk

Lunch: Cheese gnocchi with an arugula and kale sauce served with roast cauliflower, oranges and milk

Snack: Roasted red pepper hummus served with toasted pita and water

Tuesday, July 15, 2025

Snack: Fresh berries served with milk

Lunch: Roasted cod puttanesca (olives, capers, anchovy, oregano) over herbed orzo, served with steamed broccoli, apples and milk

Snack: Dried apricots served with a rice cake and water

Wednesday, July 16, 2025

Snack: Blueberry cornbread served with milk

Lunch: Egg salad sandwiches on bakery-fresh slider buns, served with carrots, pineapple and milk

Snack: Marinated fresh mozzarella served with colorful peppers and milk

Thursday, July 17, 2025

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

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

Snack: Clementine served with cheddar cheese and water

Friday, July 18, 2025

Snack: Banana served with milk

Lunch: House-made focaccia with tomato, mozzarella and basil, served with cucumbers, apples and milk

Snack: Cantaloupe 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