

# weekly menu



## **Monday, July 21, 2025**

Snack: Breakfast oat bar served with milk

Lunch: Pasta primavera with summer vegetables (zucchini, cherry tomato, peas, parmesan) and herbs from the garden, served with roasted green beans, apples and milk

Snack: Red pepper hummus served with cucumbers and milk

## **Tuesday, July 22, 2025**

Snack: Berry yogurt topped with toasted oats and milk

Lunch: Roast salmon with Everything Bagel Spice and lemon oil, served with with steamed broccoli, wild rice, oranges and milk

Snack: Dried apricots served with cheddar cheese and water

## **Wednesday, July 23, 2025**

Snack: Crispy hashbrowns served with apple sauce and water

Lunch: Grilled cheese on bakery-fresh bread, served with creamy tomato soup, clementines and milk

Snack: Whipped sweet potato served with a rice cake and water

## **Thursday, July 24, 2025**

Snack: Cheddar biscuit served with milk

Lunch: Mojo roast chicken served with herbed rice with black beans, served with smoked paprika cauliflower, pineapple and milk

Snack: CArtichoke spinach dip served with toasted pita bread and water

## **Friday, July 25, 2025**

Snack: Banana bread served with milk

Lunch: Tex Mex-seasoned black bean and corn burrito, served with caramelized onions and cheddar, served with peppers, pineapple and milk

Snack: Guacamole served with 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*