

# weekly menu



## **Monday, July 28, 2025**

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

Lunch: Cauliflower mac and cheese with peas, served with roasted green beans, oranges and milk

Snack: Apricots served with a rice cake and water

## **Tuesday, July 29, 2025**

Snack: Breakfast oat bar served with milk

Lunch: Roasted cod with a caper mustard sauce, served with steamed broccoli, wild rice, apples and milk

Snack: Sweet potato hummus served toasted pita bread and water

## **Wednesday, July 30, 2025**

Snack: Banana served with milk

Lunch: Romaine and arugula salad with herbed green lentils and balsamic vinaigrette, served melon, bakery-fresh baguette and milk

Snack: Cherry tomato caprese salad with garden-fresh basil, served with water

## **Thursday, July 31, 2025**

Snack: Orange, raisin muffin served with milk

Lunch: House-made falafel patty with a tzatziki sauce and dill, served with herbed couscous, cucumbers, pineapple and milk

Snack: Clementine served with cheddar cheese and water

## **Friday, August 1, 2025**

Snack: Zucchini bread served with milk

Lunch: California wrap (turkey, avocado, lettuce, cheddar), served with peppers, oranges and milk

Snack: Texas “caviar” (roasted corn salsa) 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*