

weekly menu

Monday, August 11, 2025

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

Lunch: Cheese gnocchi topped with an arugula sauce and parmesan, served with roasted cauliflower, oranges and milk

Snack: Apricots served with toasted pita bread and water

Tuesday, August 12, 2025

Snack: Breakfast oat bar served with milk

Lunch: Roast cod with a tomato piccata sauce, served with steamed garlick broccoli, wild rice, apples and milk

Snack: Clementine served with cheddar cheese and water

Wednesday, August 13, 2025

Snack: Banana served with milk

Lunch: Caramelized onion, cheddar and black bean quesadilla served with carrots, watermelon and milk

Snack: Tomato Caprese salad (with Alphabet basil) served with water

Thursday, August 14, 2025

Snack: Spiced house made waffles served with a drizzle of maple served and milk

Lunch: Mojo roast chicken with herbed orzo, corn on the cob, pineapple and milk

Snack: Artichoke and spinach dip served with tortilla chips and water

Friday, August 15, 2025

Snack: Zucchini bread served with milk

Lunch: Grilled cheese served with tomato soup, oranges and milk

Snack: 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

