

# weekly menu



## **Monday, August 25, 2025**

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

Lunch: Pasta primavera with end of summer vegetables (zucchini, cherry tomatoes, peas, parmesan) and herbs from the garden served with broccoli, oranges and milk

Snack: Apricots served with cheddar cheese and water

## **Tuesday, August 26, 2025**

Snack: Mixed fruit yogurt topped with toasted oats, served with milk

Lunch: Roasted salmon with with caper mustard sauce with fresh dill, served with wild rice, roasted cauliflower, apples and milk

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

## **Wednesday, August 27, 2025**

Snack: Pretzel bagels served with whipped cream cheese and milk

Lunch: Chopped salad (romaine/ red cabbage) with Tex-Mex seasoned chickpeas topped with a drizzle of vegan ranch, served with tortilla chips, watermelon and milk

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

## **Thursday, August 28, 2025**

Snack: Fresh berries served with milk

Lunch: Turkey chili topped with cheddar cheese served with cornbread, peppers, pineapple and milk

Snack: Roasted corn salsa served with toasted bakery-fresh baguette and water

## **Friday, August 29, 2025**

Snack: Fruit oat bar served with milk

Lunch: Focaccia topped with tomato, mozzarella and garden-fresh basil, served with carrots, clementines 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*