

# weekly menu



## **Monday, August 4, 2025**

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

Lunch: Tofu bolognese over rigatoni pasta, served with garlic-roasted broccoli, melon and milk

Snack: Roast lemon white bean dip served with a rice cake and water

## **Tuesday, August 5, 2025**

Snack: Berry yogurt topped with toasted oats, served with milk

Lunch: Roast salmon with Everything Bagel Spice, served with wild rice, roasted green beans, apples and milk

Snack: Watermelon served with fresh mozzarella and water

## **Wednesday, August 6, 2025**

Snack: Banana served with milk

Lunch: Tagine-spiced vegetable meatballs, served with roasted carrots, herbed orzo, oranges and milk

Snack: Mixed peppers served with toasted pita bread and water

## **Thursday, August 7, 2025**

Snack: Maple cranberry biscuit served with milk

Lunch: Turkey meatloaf with a caramelized onion jus over creamy mashed potatoes, served with roasted cauliflower, apples and milk

Snack: Clementine served with cheddar cheese and water

## **Friday, August 8, 2025**

Snack: Blueberry corn muffin served with milk

Lunch: Toscano wrap (roast zucchini, roast peppers, crushed chickpeas, mozzarella, arugula), served with pineapple and milk

Snack: Black bean and 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*