

# weekly menu

## **Monday, September 2, 2025**

CLOSED: LABOR DAY

## **Tuesday, September 2, 2025**

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

Lunch: Tofu bolognese over cavatappi pasta, served with roasted cauliflower, apples and milk

Snack: Smoky sweet potato hummus served with cucumbers and water

## **Wednesday, September 3, 2025**

Snack: Overnight oats with dried cranberries, flax seeds and a drizzle of maple syrup, served with milk

Lunch: Roasted New England cod with a caper mustard sauce, served garlicky broccoli, oranges, herbed couscous and milk

Snack: Apricots served with cheddar cheese and water

## **Thursday, September 4, 2025**

Snack: Alphabet granola served with milk

Lunch: Southwest-seasoned blackbean, corn and rice burrito, served with sliced peppers, pineapple and milk

Snack: Avocado dip served with tortilla chips and water

## **Friday, September 5, 2025**

Snack: House made banana bread served with mil

Lunch: Sun butter and jam sandwich on bakery-fresh bread, served with carrots, apples 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*

