

## **Monday, September 15, 2025**

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

Lunch: Cauliflower-infused mac and cheese, served with garlic-roasted green beans, oranges and milk

Snack: Watermelon served with a rice cake and water

## **Tuesday, September 16, 2025**

Snack: Overnight oats with peaches, flax and a drizzle of maple syrup, served with milk

Lunch: Roast cod with a caper, dill and mustard sauce, serve with herbed wild rice, steamed broccoli, apples and milk

Snack: Dried apricots served with cheddar cheese and water

## **Wednesday, September 17, 2025**

Snack: Mixed berries topped with toasted oats, served with milk

Lunch: Vegetable tagine (chickpeas, squash, tomato, peppers, kale) served with orzo, carrots, cantaloupe and milk

Snack: Clementine served with fresh mozzarella and water

## **Thursday, September 18, 2025**

Snack: Crispy hashbrowns served with apple sauce and milk

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

Snack: Guacamole served with tortilla chips and water

## **Friday, September 19, 2025**

Snack: Banana served with milk

Lunch: Grilled cheese on bakery-fresh bread, served with creamy tomato soup apples and milk

Snack: Fruit salad served with toasted pita bread 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*

weekly  
menu

