

## **Monday, September 22, 2025**

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

Lunch: Cheese gnocchi topped with a butternut squash sauce, served with steamed garlic broccoli, apples and milk

Snack: Basil white bean dip served with carrots and water

## **Tuesday, September 23, 2025**

Snack: Fresh berries served with milk

Lunch: Roast salmon with a maple mustard glaze, served with melted leeks and green beans, wild rice, peaches and milk

Snack: Cheddar cheese served with bakery-fresh baguette

## **Wednesday, September 24, 2025**

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

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

Snack: Tomato caprese (basil and mozzarella) served with toasted pita bread and water

## **Thursday, September 25, 2025**

Snack: Breakfast oat bar served with milk

Lunch: Turkey sandwich on bakery-fresh, whole wheat bread with avocado and cheddar, served with cucumbers, pineapple and milk

Snack: Dried apricots served with a rice cake and water

## **Friday, September 26, 2025**

Snack: Banana served with milk

Lunch: Focaccia topped with tomato, mozzarella and basil served with carrots, apples and milk

Snack: Clementine 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*

weekly  
menu

