

Monday, September 29, 2025

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

Lunch: Pasta puttanesca (tomato, olives, capers, anchovy) over farfalle pasta served with steamed broccoli, oranges and milk

Snack: Apricots served a with rice cake

Tuesday, September 30, 2025

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

Lunch: Tex mex seasoned black bean and corn quesadilla, served with peppers, pineapple and milk

Snack: Every Bagel-seasoned avocado toast

Wednesday, October 1, 2025

Snack: Apricot and blueberry 'pancake' served with milk

Lunch: Red lentil and sweet potato soup topped with toasted pumpkin seeds and parmesan, served with bakery-fresh baguette, apples and milk

Snack: Tomato and cucumber salad

Thursday, October 2, 2025

Snack: Fresh berries served with milk

Lunch: Turkey cheeseburger on bakery-fresh slider buns with a drizzle of vegan ranch, served with cucumbers, melon and milk

Snack: Toasted parmesan and thyme biscuits served with clementines

Friday, October 3, 2025

Snack: Banana bread served with milk

Lunch: Sun butter and jam sandwich on bakery-fresh, whole wheat bread, served with carrots, oranges and milk

Snack: Pears served with cheddar cheese

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

