

Monday, September 8, 2025

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

Lunch: Tortellini tossed with roasted squash, english peas, cherry tomatoes, garden-fresh basil and parmesan, served with oranges and milk

Snack: Sweet potato whipped dip served with cucumbers and water

Tuesday, September 9, 2025

Snack: Mixed fruit yogurt served with toasted oats and milk

Lunch: Roasted salmon with chermoula sauce, served with wild rice, garlic green beans, apples and milk

Snack: Clementine served with a rice cake and water

Wednesday, September 10, 2025

Snack: Zucchini bread served with milk

Lunch: Falafel seasoned veggie meatballs, with an olive tapenade, served with tzatziki sauce, carrots, pineapple, toasted pita bread and milk

Snack: Dried apricots served with fresh mozzarella and milk

Thursday, September 11, 2025

Snack: Cinnamon and raisin biscuit served with milk.

Lunch: Turkey meatloaf with and caramelized onion jus, served with garlic mashed potatoes, roasted carrots, apples and milk

Snack: Artichoke dip served with toasted pita bread and water

Friday, September 12, 2025

Snack: Mixed fruit oat bar served with milk

Lunch: Egg salad sandwich on bakery-fresh, whole wheat bread, served with carrots, oranges 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

weekly
menu

