

weekly menu

GREENFIELD HILL

Monday, October 27, 2025

Snack: Plain, organic yogurt served with granola (oats, flour, brown sugar, vegan butter, dried apricots, flaxseeds, flaxseed meal, hulled hemp seeds and shaved almonds)

Lunch: Bowtie pasta with broccoli, anchovies and garlic, served with a green salad from our garden, clementines and milk

Snack: Whole wheat english muffin served with peanut butter and pear slices

Tuesday, October 28, 2025

Snack: Blueberry cottage cheese muffin served with fresh berries

Lunch: Barbeque chicken sliders on bakery-fresh bread, baked sweet potato fries served with pineapple and milk

Snack: Cucumber and carrots served with tofu-vegan ranch dressing

Wednesday, October 29, 2025

Snack: Banana rolled in peanut butter and rice krispies, served with milk

Lunch: Focaccia (white bean, tomato sauce, and mozzarella) served with cucumbers, plums and milk

Snack: Colorful peppers served with hummus

Thursday, October 30, 2025

Snack: Overnight oats sweetened with apple sauce, served with berries, and milk

Lunch: Lightly breaded and baked cod, served with mashed potatoes, roasted asparagus, cantaloupe and milk

Snack: Whipped feta with garlic and herbs served with naan bread

Friday, October 31, 2025

Snack: Veggie pancake (cottage cheese, peas, carrots, corn and lima beans) served with milk

Lunch: Peanut butter and house-made jam sandwich on bakery-fresh, whole grain bread, served with plums, carrots and milk

Snack: Apples and grass-fed cheddar cheese

