

Monday, October 20, 2025

Snack: Lemon muffin served with milk

Lunch: Cavatelli pasta topped with housemade tofu bolognese sauce with capers, olives and parmesan, served with, garlic green beans, apples and milk

Snack: Clementine served with a rice cake

Tuesday, October 21, 2025

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

Lunch: Roast salmon with a maple mustard glaze served with couscous, steamed broccoli, oranges and milk

Snack: Cheddar cheese served with apricots

Wednesday, October 22, 2025

Snack: Cocoa dusted oat bars served with milk

Lunch: Falafel spiced vegetable meatballs with a drizzle of vegan tzatziki, served with herbed brown rice, cucumbers, pineapple and milk

Snack: Toasted pita served with artichoke dip

Thursday, October 23, 2025

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

Lunch: Southwest seasoned blackbean, cheddar, corn and rice burrito served with peppers, watermelon and milk

Snack: Guacamole served with tortilla chips

Friday, October 24, 2025

Snack: Banana served with milk

Lunch: Sunbutter and jam sandwich on bakery-fresh, whole grain bread, served with oranges, carrots and milk

Snack: Fruit salad served with a rice cake

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

