

Monday, October 13, 2025

CLOSED: Indigenous Peoples day

Tuesday, October 7, 2025

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

Lunch: Cheese tortellini topped with a butternut squash sauce, served with steamed broccoli, oranges and milk

Snack: Dried apricots served with a rice cake

Wednesday, October 14, 2025

Snack: Banana served with sunbutter and milk

Lunch: Baked cod with a caper, dill and mustard sauce, served with garlic green beans, wild rice, apples and milk

Snack: Cantaloupe served with cheddar cheese

Thursday, October 15, 2025

Snack: Hash browns served with a pear sauce and milk

Lunch: Portuguese black bean soup topped with sour cream and cilantro, served with bakery-fresh boule, carrots, pineapple and milk

Snack: Thyme and parmesan biscuit served with apple slices

Friday, October 16, 2025

Snack: Apricot and blueberry 'pancake' served with milk

Lunch: Toscano wrap (roasted zucchini, caramelized onions, marinated tofu, mozzarella, arugula), served with colorful peppers, watermelon and milk

Snack: Guacamole served with tortilla chips

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

