

weekly menu



Monday, October 27, 2025

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

Lunch: Cauliflower mac and cheese served with garlic roasted green beans, apples and milk

Snack: Lemon and roast garlic hummus served with cucumbers

Tuesday, October 28, 2025

Snack: Cinnamon raisin biscuit served with milk

Lunch: Roast cod with everything bagel spice lemon vinaigrette over herbed couscous, served with garlic broccoli, oranges and milk

Snack: Dried apricot served with tortilla chips

Wednesday, October 29, 2025

Snack: Fruit oat bar served with milk

Lunch: 'Pissaladiere fugazzeta'- caramelized onions with anchovies, olives, sun-dried tomatoes, mozzarella and thyme on house-made focaccia, served with carrots, melon and milk

Snack: Clementine served with cheddar cheese

Thursday, October 30, 2025

Snack: Cheddar and chive frittata served with milk

Lunch: Orange cranberry- glazed chicken served with roasted cabbage with caraway, apples, wild rice and milk

Snack: Rice cake served with sunbutter

Friday, October 31, 2025

Snack: Blueberry cornbread served with milk

Lunch: Grilled cheese on bakery-fresh bread and tomato soup, served with pears and milk

Snack: Trail mix with pumpkin seeds, dried fruit and oat clusters

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