

weekly menu

Monday, November 17, 2025

Snack: Alphabet granola served with milk

Lunch: Creamy mushroom and sun-dried tomato sauce over cheese gnocchi served with garlic broccoli, oranges and milk

Snack: Dried apricots served with a rice cake

Tuesday, November 18, 2025

Snack: Apples served with house made sunbutter and milk

Lunch: Roast cod bouillabaisse style (potatoes, fennel, leeks, tomato) served with roasted cauliflower, pears and milk

Snack: Red pepper hummus served with toasted pita

Wednesday, November 19, 2025

Snack: Overnight oats with fresh blueberries, pumpkin and a drizzle of maple syrup, served with milk

Lunch: Spinach, ricotta and black bean enchiladas served with peppers, watermelon and milk

Snack: Everything Bagel Spice avocado dip with tortilla chips

Thursday, November 20, 2025

Snack: Orange poppyseed bread served with milk

Lunch: Jerk chicken (mild) served with jollof rice (dotted with sweet potato and peppers), served with colorful slaw, apples and milk

Snack: Cheddar cheese served with house-made pretzel bread

Friday, November 21, 2025

Snack: Breakfast sunbutter oat bites served with milk

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

Snack: Cantaloupe 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

