

Monday, December 8, 2025

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

Lunch: Cheese tortellini with a butternut sauce, served with garlic cauliflower, local apples served with milk

Snack: Dried apricots served with toasted pita bread

Tuesday, December 9, 2025

Snack: Overnight oats topped with dried cranberries and flax, served with milk

Lunch: Roasted salmon with a caper mustard sauce served with wild rice, green beans, blood oranges and milk

Snack: Rice cake served with sun butter

Wednesday, December 10, 2025

Snack: Pumpkin-maple cornbread served with milk

Lunch: Southwest seasoned black bean, corn and rice burrito served with colorful peppers, watermelon and milk

Snack: House-made guacamole served with tortilla chips

Thursday, December 11, 2025

Snack: Zucchini bread served with milk

Lunch: Roasted chicken with a Vindaloo sauce served with steamed broccoli, couscous, apples and milk

Snack: Artichoke-spinach dip served with carrots

Friday, December 12, 2025

Snack: Breakfast sunbutter oat bites and served with milk

Lunch: Herbed Fugazetta- focaccia, tomato, mozzarella, basil served with cucumbers, pears and milk

Snack: Cantaloupe served with cheddar cheese

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

