

weekly menu



Monday, February 2, 2026

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

Lunch: Cheese tortellini tossed in a herbed lemon sauce, served with roasted butternut squash and caramelized onions, pears and milk

Snack: Fruit salad served with bakery-fresh baguette

Tuesday, February 3, 2026

Snack: Overnight oats with dried cranberries and blueberries, served with milk

Lunch: Roast cod with maple mustard sauce, served with steamed broccoli, apple and milk

Snack: Clementine served with marinated fresh mozzarella

Wednesday, February 4, 2026

Snack: Pretzel bagel served with whipped cream cheese and milk

Lunch: Gobi matar (Pea, potato and chickpea curry) served with herbed couscous, roasted green beans, oranges and milk

Snack: Rice cake served with sunbutter

Thursday, February 5, 2026

Snack: Apricot pancake bread served with milk

Lunch: Baked turkey wrap with avocado, roasted red peppers and arugula, served with carrots, pineapple and milk

Snack: Texas caviar (black beans, chickpeas, corn, peppers) served with pita chips

Friday, February 6, 2026

Snack: Banana served with milk

Lunch: Herbed fugazetta 'Pissalediere' (sundried tomato, olives, thyme, parmesan) with mozzarella, cucumbers, melon and milk

Snack: Sweet potato wedges 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