

# weekly menu



## Monday, January 26, 2026

CLOSED: SNOW STORM

## Tuesday, January 27, 2026

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

Lunch: Pasta puttanesca (tomato, anchovies, olives) over rigatoni pasta, served roasted broccoli, oranges and milk

Snack: Dried apricots served with a rice cake

## Wednesday, January 28, 2026

Snack: Cocoa oat bar served with milk

Lunch: Vegetable meatball and black bean quesadilla with caramelized onions, served with peppers, melon and milk

Snack: Guacamole served with tortilla chips

## Thursday, January 29, 2026

Snack: Maple/ parmesan biscuit served with milk

Lunch: Roast salmon topped with a caper mustard sauce, served with wild rice, garlic cauliflower, apples and milk

Snack: Pineapple served with toasted pita chips

## Friday, January 30, 2026

Snack: Pumpkin bread served with milk

Lunch: Sunbutter and jam sandwich on bakery-fresh, whole wheat bread, served with carrots, pears and milk

Snack: Fresh mozzarella served with cucumbers

*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*