

# weekly menu



## Monday, January 5, 2026

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

Lunch: Tofu bolognese over Gemelli pasta, served with garlic broccoli, apples and milk

Snack: Clementines served with cheddar cheese

## Tuesday, January 6, 2026

Snack: Pumpkin spice oat bar served with milk

Lunch: Baked salmon with Everything Bagel Spice and lemon oil, served with wild rice, herb-roasted cauliflower, oranges and milk

Snack: Cantaloupe served with toasted pita bread

## Wednesday, January 7, 2026

Snack: Crispy hashbrowns served with pear puree and milk

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

Snack: Red pepper hummus served with cucumbers

## Thursday, January 8, 2026

Snack: Cocoa biscuit served with milk

Lunch: Roast chicken piccata served with toasted couscous, garlic snap peas, oranges and milk

Snack: Spinach and artichoke dip served with tortilla chips

## Friday, January 9, 2026

Snack: Banana bread with chia seeds and hemp seeds, served with milk

Lunch: Herbed Fugazetta- focaccia, tomato, mozzarella, basil with peppers, served with pineapple and milk

Snack: Watermelon 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*