

# weekly menu



## **Monday, February 9, 2026**

Snack: Alphabet granola served with milk

Lunch: Tofu bolognese over farfalle pasta, served with garlic cauliflower, blood oranges and milk

Snack: Dried apricots served with a rice cake

## **Tuesday, February 10, 2026**

Snack: Mixed berries with toasted oats, served with milk

Lunch: Herbed feta-encrusted salmon served with spinach and peppers, couscous, green beans, melon and milk

Snack: Carrots served with pretzel bread

## **Wednesday, February 11, 2026**

Snack: Cocoa scone served with milk

Lunch: Red and black lentil soup with mushroom and toasted pumpkin seeds, served with garlic bread, cucumber, apples and milk

Snack: Cherry tomato caprese salad

## **Thursday, February 12, 2026**

Snack: Crispy hashbrowns served with apple compote

Lunch: Roast chicken piccata (capers, lemon, herbs) with a side of broccoli, in a lemon chicken jus served with orzo, pears and milk

Snack: Artichoke spinach dip served with tortilla chips

## **Friday, February 13, 2026**

Snack: Lemon olive oil bread served with milk

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

Snack: Clementine 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*