

## **Monday, March 30, 2026**

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

Lunch: Pasta puttanesca (tomato, olives, capers, anchovies) served with roasted broccoli, pears and milk

Snack: Clementine served with a rice cake

## **Tuesday, March 31, 2026**

Snack: Maple cranberry biscuit served with milk

Lunch: Roast salmon with Everything Bage Spice, lemon oil and fresh dill, served with wild rice, garlic cauliflower with sun-dried tomatoes, Cara Cara oranges and milk

Snack: House-made pretzel bread served with apples

## **Wednesday, April 1, 2026**

Snack: Mixed berries with toasted oats, served with milk

Lunch: House-made falafel with vegan tzatziki, served with toasted pita, colorful peppers, pineapple and milk

Snack: Caprese salad with fresh mozzarella, cherry tomatoes, fresh basil

## **Thursday, April 2, 2026**

Snack: Banana served with milk

Lunch: California wrap (baked turkey, avocado, spinach, monterey jack cheese), served with cucumbers, oranges and milk

Snack: Tortilla chips served with avocado salsa verde

## **Friday, April 3, 2026**

CLOSED: GOOD FRIDAY

*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  
**men**

