

# weekly menu

## **Monday, April 20, 2026**

Snack: Alphabet granola served with milk

Lunch: Tortellini with peas, sun-dried tomato and basil, served with garlicky cauliflower, oranges and milk

Snack: Cantaloupe served with toasted pita bread and water

## **Tuesday, April 21, 2026**

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

Lunch: Roast salmon with a caper, dill and mustard sauce, served with wild rice, green beans, apples and milk

Snack: Dried apricots served with pretzels

## **Wednesday, April 22, 2026**

Snack: Mixed berries with toasted oats, served with milk

Lunch: Vegetable meatball parmesan slider on bakery-fresh bread, served with carrots, blood oranges and milk

Snack: Sunbutter served with a rice cake

## **Thursday, April 23, 2026**

Snack: Lemon poppy seed bread served with milk

Lunch: Turkey chili topped with cheddar cheese and scallions, served with house-made cornbread, peppers, pineapple and milk

Snack: Thyme parmesan biscuit served with apples

## **Friday, April 24, 2026**

Snack: Banana served with milk

Lunch: Caprese quesadilla (fresh mozzarella, tomatoes, peppers, avocado), served with cucumbers, melon and milk

Snack: Clementines served with toasted pretzel bread

*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*

