

weekly menu

Monday, April 27, 2026

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

Lunch: Butternut squash mac & cheese served with garlic broccoli, apples and milk

Snack: Watermelon served with a rice cake

Tuesday, April 28, 2026

Snack: Fruit oat bar served with milk

Lunch: Salmon teriyaki with a green bean, asparagus and pepper stir-fry, served with rice, pears and milk

Snack: Clementines served with pretzels

Wednesday, April 29, 2026

Snack: Golden raisin and pumpkin spice biscuit served with milk

Lunch: Portuguese black bean and sweet potato soup topped with shredded cheddar and cilantro, served with tortilla chips, peppers, melon and milk

Snack: Dried apricots served fresh mozzarella

Thursday, April 30, 2026

Snack: Roast potatoes served with a fruit puree and milk

Lunch: Turkey tagine served with garlic couscous, curry roast cabbage, oranges and milk

Snack: Cheddar cheese served with pretzel bread

Friday, May 1, 2026

Snack: Apricot pancake served with milk

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

Snack: Mexican street corn dip served with toasted pita chips

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

