

Monday, April 6, 2026

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

Lunch: Pasta primavera with english peas, sundried tomato, basil and parmesan, served with with green beans, pears and milk

Snack: Red pepper and white bean spread served with carrots

Tuesday, April 7, 2026

Snack: Pumpkin spice oat bar served with milk

Lunch: Roast cod with a maple mustard sauce and fresh dill, served with garlic broccoli, couscous, apples and milk

Snack: Dried apricots served with cheddar cheese

Wednesday, April 8, 2026

Snack: Crispy hash browns with an apple compote, served with milk

Lunch: Turkey taco salad (romaine and red cabbage mix, shaved carrots, cheddar cheese), served with with a lime ranch dressing, tortilla chips, melon and milk

Snack: Clementine served with a rice cake

Thursday, April 9, 2026

Snack: Overnight oats with dried cranberries and fresh blueberries served with milk

Lunch: Black bean and mushroom cheese burger, served with cucumbers, Cara Cara oranges and milk

Snack: Artichoke spinach dip served with toasted pita

Friday, April 10, 2026

Snack: Cocoa scone served with milk

Lunch: Toscano wrap (roast zucchini, peppers, mozzarella, chickpea/ broccoli spread), served with colorful peppers, watermelon and milk

Snack: Banana served with house made sunbutter

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 **menu**

