

weekly menu

Monday, May 18, 2026

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

Lunch: Tofu bolognese over Cavatapi pasta, sprinkled with parmesan, served with garlic broccoli, melon and milk

Snack: Clementine served with a rice cake

Tuesday, Mau 19, 2026

Snack: Pumpkin spice oat bar served with milk

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

Snack: Apricots served with toasted pita bread

Wednesday, May 20, 2026

Snack: Lemon olive oil bread served with milk

Lunch: Falafel-spiced vegetable meatballs, served with a turmeric-roasted cauliflower and mushroom blend, herbed couscous, blood oranges and milk

Snack: Marinated mozzarella served with pretzel bread

Thursday, May 21, 2026

Snack: Roast potatoes served with fruit puree and milk

Lunch: Roasted cod topped with South African Malay sauce, served with herbed rice, garlic snap peas, pineapple and milk

Snack: Watermelon served with cheddar cheese

Friday, May 22, 2026

Snack: Banana with served with milk

Lunch: Focaccia topped with mozzarella, tomato and basil, served with cucumbers, oranges and milk

Snack: Avocado salsa verde served with tortilla 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

