

weekly menu

Monday, May 4, 2026

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

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

Snack: Watermelon served with a rice cake

Tuesday, May 5, 2026

Snack: Berry yogurt topped with toasted oats and served with milk

Lunch: Falafel spiced vegetable meatballs served with garlic cauliflower, oranges, orzo and milk

Snack: Clementines served with pretzels

Wednesday, May 6, 2026

Snack: Orange cranberry bread served with milk

Lunch: 'Samosa-dilla' (potato, ginger, peas, cilantro, crushed chickpeas in a wrap), served with cucumbers, melon and milk

Snack: Spinach artichoke dip served with tortilla chips

Thursday, May 7, 2026

Snack: Cocoa breakfast oat bar served with milk

Lunch: BBQ roast chicken served with herbed rice, green beans with sun-dried tomatoes, pineapple and milk

Snack: Parmesan and thyme biscuit served with dried apricots

Friday, May 8, 2026

Snack: Banana bread served with milk

Lunch: Grilled cheese on bakery-fresh bread, served with creamy tomato soup, apples and milk

Snack: Mexican street corn dip served with colorful peppers

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

