

# weekly menu

## **Monday, May 11, 2026**

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

Lunch: Pasta primavera with english peas, sundried tomato and basil, served with steamed broccoli, apples and milk

Snack: Clementine served with a rice cake

## **Tuesday, May 12, 2026**

Snack: Mixed berries topped with toasted oats, served with milk

Lunch: Roast salmon with caper and dill sauce, served with wild rice, garlic green beans, oranges and milk

Snack: Carrots served with fresh mozzarella

## **Wednesday, May 13, 2026**

Snack: Pretzel bagel topped with whipped cream cheese, served with milk

Lunch: Greek lemon potato hash (mushroom, asparagus, chickpea, feta) served with roasted cauliflower, pineapple and milk

Snack: Watermelon served with pretzels

## **Thursday, May 14, 2026**

Snack: Alphabet granola served with milk

Lunch: Southwest seasoned black beans, corn and rice, served with tortilla chips, shredded cheddar, peppers, apples and milk

Snack: Dried apricots served with cheddar cheese

## **Friday, May 15, 2026**

Snack: Banana served with milk

Lunch: Caprese wrap (fresh mozz, tomato, basil) served with cucumbers, oranges and milk

Snack: Spinach artichoke dip served with toasted pita 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*

