

weekly menu

Monday, May 25, 2026

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

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

Snack: Dried apricots served with a rice cake

Tuesday, May 26, 2026

Snack: Mixed berries served with toasted oats and milk

Lunch: Everything Bagel Spice and lemon baked salmon served with a corn, tomato and asparagus 'succotash', Israeli couscous, oranges and milk

Snack: Garlic hummus served with bakery-fresh baguette

Wednesday, May 27, 2026

Snack: Cranberry scone served with milk

Lunch: Samosa wrap (potato, ginger, peas, cilantro & crushed chickpeas) served with cucumbers, melon and milk

Snack: Pico de gallo served with tortilla chips and water

Thursday, May 28, 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 29, 2026

Snack: Banana with served with milk

Lunch: Turkey cheese burger on bakery-fresh slider bun served with peppers, watermelon and milk

Snack: Marinated fresh mozzarella served with carrots

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

