

weekly menu

Monday, June 15, 2026

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

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

Snack: Dried apricots served with a toasted pita bread

Tuesday, June 16, 2026

Snack: Mixed berries with toasted oats, served with milk

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

Snack: Cheddar cheese served with pretzels

Wednesday, June 17, 2026

Snack: Dried cranberry oat bars, served with milk

Lunch: Garlic roasted vegetable meatballs served with herbed couscous, roasted peppers and scallions, tagine spiced cauliflower, pears and milk

Snack: Artichoke / spinach dip served with carrots

Thursday, June 18, 2026

Snack: Cinnamon waffles served with jam and milk

Lunch: California wrap (baked turkey, arugula, mozz, avocado) served with cucumbers, pineapple and milk

Snack: Pico de gallo served with tortilla chips

Friday, June 19, 2026

Closed: JUNETEENTH

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

