

weekly menu



Monday, July 27, 2026

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

Lunch: Sweet potato mac and cheese served with garlic cauliflower, apples and milk

Snack: Apricots served with pretzels

Tuesday, July 28, 2026

Snack: Cocoa oat bars served with milk

Lunch: Roast salmon with a caper herb sauce, served with wild rice, roasted green beans, oranges and milk

Snack: Apples served with graham crackers

Wednesday, July 29, 2026

Snack: Overnight oats with dried fruit and a drizzle of maple syrup, served with milk

Lunch: Tex mex seasoned black beans with corn and monterey jack cheddar cheese wrap, served with peppers, melon and milk

Snack: Guacamole served with tortilla chips

Thursday, July 30, 2026

Snack: Mixed berries and plums with toasted oats, served with milk

Lunch: Marinated chickpea / potato salad with a green goddess vegan ranch dressing, roasted peppers and cherry tomatoes, served with carrots, pineapple and milk

Snack: Clementines served with pretzel bread

Friday, July 31, 2026

Snack: Banana served with milk

Lunch: Sunbutter and jam sandwich on bakery-fresh bread, served with cucumbers, orange and served with milk

Snack: Marinated mozzarella served with bakery-fresh fresh baguette

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