

# weekly menu

## **Monday, July 6, 2026**

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

Lunch: Cheese tortellini with a corn, sun-dried tomatoes, peas and fresh basil, served with roasted broccoli, oranges and served with milk

Snack: Red pepper garlic hummus served with pretzels

## **Tuesday, July 7, 2026**

Snack: Cranberry oat bar served with milk

Lunch: Roast cod (bouillabaisse style: tomato, fennel, leeks), served with roasted potatoes, garlic cauliflower, apples and milk

Snack: Cheddar cheese served with cucumbers

## **Wednesday, July 8, 2026**

Snack: Pretzel bagel topped with jam, served with milk

Lunch: Tagine-spiced vegetable meatballs served with garlic green beans, herbed turmeric orzo, pineapple and milk

Snack: Carrots served with fresh mozzarella

## **Thursday, July 9, 2026**

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

Lunch: Turkey 'nachos' with tortilla chips with Monterey Jack cheese, served with peppers, melon and milk

Snack: Artichoke dip served with toasted pita bread

## **Friday, July 10, 2026**

Snack: Banana bread served with milk

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

Snack: Clementine served with graham crackers

*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*

