weekly menu

Monday, September 14, 2026

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

Lunch: Creamy corn sauce over Cavatappi pasta with basil, parmesan and sundried tomatoes, served with garlic-roasted cauliflower, oranges and milk

Snack: Cheddar cheese served with carrots

Tuesday, September 15, 2026

Snack: Breakfast oat bar served with milk

Lunch: Roasted salmon with a caper/dill sauce, served with herbed wild rice, roasted broccoli, apples and milk

Snack: Clementine served with a rice cake

Wednesday, September 16, 2026

Snack: Banana served with milk

Lunch: Tagine-spiced vegetable meatballs served with roasted peppers and green beans, couscous, watermelon and milk

Snack: Tortilla chips served with guacamole

Thursday, September 17, 2026

Crispy potatoes served with apple sauce and milk

Lunch: Amalfi chicken (artichokes, tomato, olives, lemon), served with herbed Ditalini pasta, roasted broccolini, pears and milk

Snack: Dried apricots served with pretzel bread

Friday, September 18, 2026

Snack: Vegan banana bread served with milk

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

Snack: Carrots served with lemony hummus

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