

weekly menu

Monday, September 28, 2026

Snack: Alphabet granola served with milk

Lunch: Pasta puttanesca (tomato, olives, capers, anchovies) over ziti pasta with parmesan, served with garlic-roasted cauliflower, apples and milk

Snack: Toasted pita bread with a clementine

Tuesday, September 29, 2026

Snack: Dried cherry and parmesan biscuit served with milk

Lunch: Red lentil and kombucha squash soup with chive oil and toasted pumpkin seeds, served with bakery-fresh boule bread, peppers, oranges and milk

Snack: Dried apricots with a rice cake

Wednesday, September 30, 2026

Snack: Berry yogurt with toasted oats, served with milk

Lunch: Roasted cod with a creamy corn chowder sauce, and fresh herbs, served with a side of lemony broccoli, peaches and milk

Snack: Tortilla chips with whipped black bean and red pepper dip

Thursday, October 1, 2026

Snack: Golden raisin and apricot ‘Pancake’ streusel served with milk

Lunch: Sunbutter and jam sandwich on bakery-fresh bread, served with carrots, pineapple and milk

Snack: Marinated mozzarella served with apples

Friday, October 2, 2026

Snack: Banana served with milk

Lunch: Roast zucchini with caramelized onion, mozzarella, sun-dried tomatoes and basil wrap, served with cucumbers, melon and milk

Snack: Maple-roasted sweet potato wedges served with pretzels

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

