

Monday, October 12, 2026

CLOSED: INDIGENOUS PEOPLES DAY

Tuesday, October 13, 2026

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

Lunch: Creamy corn sauce with sun-dried tomatoes and basil over cavatapi pasta, served with garlic broccoli, oranges and milk

Snack: Dried apricots served with pretzels

Wednesday, October 14, 2026

Snack: Fruit oat bar served with milk

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

Snack: Carrots served with marinated fresh mozzarella

Thursday, October 15, 2026

Snack: Pretzel bagel served with jam and milk

Lunch: Falafel spiced vegetable meatballs served with cucumbers, toasted pita, pineapple and milk

Snack: Artichoke and spinach dip served with tortilla chips

Friday, October 16, 2026

Snack: Banana bread served with milk

Lunch: Caprese wrap with sundried tomato and fresh basil, served with peppers, melon and milk

Snack: Clementine served with a rice cake

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

weekly
menu

