

Monday, October 19, 2026

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

Lunch: Cauliflower mac & cheese served with garlic green beans, oranges and milk

Snack: Dried apricots served with pretzels

Tuesday, October 20, 2026

Snack: Pumpkin spice oat bar served with milk

Lunch: Roast salmon with Everything Bagel Spice and lemon oil, served with garlicky broccoli, herbed rice, apples and milk

Snack: Clementine served with cheddar cheese

Wednesday, October 21, 2026

Snack: Overnight oats with dried fruit and maple served with milk

Lunch: Red lentil and butternut squash soup with toasted pumpkin seeds, served with bakery-fresh baguette, watermelon, cucumbers and milk

Snack: House-made sunbutter served with a rice cake

Thursday, October 22, 2026

Snack: Dried cranberry biscuit served with milk

Lunch: Turkey taco wrap with cheddar cheese, shredded cabbage, tomatoes and a drizzle of vegan ranch, served with peppers, pineapple and milk

Snack: Texas caviar served with tortilla chips

Friday, October 23, 2026

Snack: Banana served with milk

Lunch: Roasted zucchini with tomatoes and fresh mozzarella on house-made focaccia, served with carrots, oranges and milk

Snack: Maple baked 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

weekly
menu

