

weekly menu



Monday, October 26, 2026

Snack: Alphabet granola served with milk

Lunch: Potato gnocchi with a tofu bolognese, topped with parmesan cheese, served with apples, garlic green beans and milk

Snack: Lemony white bean spread served with cucumbers

Tuesday, October 27, 2026

Snack: Pretzel bagel served with whipped cream cheese and milk

Lunch: Roast cod with a corn 'chowder' sauce, served with roasted herbed cauliflower, oranges and milk

Snack: Marinated fresh mozzarella served with toasted pita bread

Wednesday, October 28, 2026

Snack: Mixed berry pancake served with milk

Lunch: Black bean soup with sprinkle of cheddar cheese, served with tortilla chips, peppers, melon and milk

Snack: Parmesan/thyme biscuit served with dried apricots

Thursday, October 29, 2026

Snack: Corn and basil waffle with a drizzle of maple syrup, served with milk

Lunch: Chicken and mushroom Vindaloo served with roasted carrots, jasmine rice, pineapple and milk

Snack: Clementine served with a rice cake

Friday, October 30, 2026

Snack: Fruit oat bar served with milk

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

Snack: Baked sweet potato wedge served with cheddar cheese

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