

weekly menu



Monday, October 5, 2026

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

Lunch: Cheese tortellini with a creamy corn sauce and a sprinkle of parmesan, served with garlic broccoli, apples and milk

Snack: Pretzels served with dried apricot

Tuesday, October 6, 2026

Snack: Dried fruit oat bar served with milk

Lunch: Everything Bagel-Spice roasted salmon with lemon, served with wild rice, roasted cauliflower, melon and milk

Snack: Maple-baked sweet potato wedges served with toasted pita bread

Wednesday, October 7, 2026

Snack: Zucchini bread served with milk

Lunch: Vegetable tagine (chickpeas, tomato, kale, butternut squash) served with colorful peppers, couscous/quinoa blend, pineapple and milk

Snack: Tortilla chips served with guacamole

Thursday, October 8, 2026

Snack: Pretzel bagel served with whipped cream cheese and milk

Lunch: Turkey meatballs with a sage, sun-dried tomato and caramelized onion jus, served with herbed ditalini, roasted brussel sprouts, oranges and milk

Snack: Cheddar cheese served with carrots

Friday, October 9, 2026

Snack: Pumpkin spice biscuit served with milk

Lunch: Grilled cheese on bakery-fresh whole wheat bread, served with tomato soup, apples and milk

Snack: Banana served with sunbutter

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