weekly menu



Monday, November 2, 2026

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

Lunch: Butternut squash squash mac and cheese served with garlic roasted broccoli, apples and milk

Snack: Dried apricots served with a rice cake

Tuesday, November 3, 2026

Snack: Cinnamon raisin oat bars served with milk

Lunch: Blackened salmon served with ginger-roasted root vegetable mix, herbed couscous, oranges and milk

Snack: Cheddar cheese served with pretzels

Wednesday, November 4, 2026

Snack: Pumpkin pie breakfast bar served with milk

Lunch: Mushroom soup, basil oil served with bakery-fresh baguette, carrots, pineapple and milk

Snack: Lemony white bean spread with cucumbers

Thursday, November 5, 2026

Snack: Zucchini bread served with milk

Lunch: Turkey meatballs-greek style served with lemony mashed potatoes, green beans with sun-dried tomatoes and milk

Snack: Marinated mozzarella served with toasted pita bread

Friday, November 6, 2026

Snack: Banana with sunbutter served with milk

Lunch: Tex mex rice, black bean and cheddar burrito, served with a drizzle of vegan ranch with a side of peppers, oranges and milk

Snack: Avocado salsa verde served with tortilla chips

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