weekly menu

Monday, November 23, 2026

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

Lunch: Potato gnocchi with topped with tomato puttanesca sauce, served with garlic broccoli, oranges and milk

Snack: Red pepper 'hummus' served with cucumbers

Tuesday, November 24, 2026

Snack: Whole wheat bagel with strawberry cream cheese, served with milk

Lunch: Roast salmon with a caper/ dill sauce, served with garlic green beans, wild rice, apples and milk

Snack: Maple-roasted sweet potato served with pretzel bread

Wednesday, November 25, 2026

CLOSED

Thursday, November 26, 2026

CLOSED: HAPPY THANKSGIVING

Friday, November 27, 2026

CLOSED



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