weekly menu



Monday, November 30, 2026

Snack: Cocoa oat bar served with milk

Lunch: Creamy corn sauce with basil, parmesan and sundried tomatoes over cavatappi pasta, served with garlic-roasted cauliflower, oranges and milk

Snack: Dried apricots served with a rice cake

Tuesday, December 1, 2026

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

Lunch: Vegetable tagine (chickpeas, tomato, butternut squash, peppers) served with herbed riced, roasted broccoli, pineapple and milk

Snack: Clementine served with focaccia bites

Wednesday, December 2, 2026

Snack: Overnight oats with dried fruit and a drizzle of maple syrup, served with milk

Lunch: Veggie meatballs with a roasted Amalfi sauce (artichokes, tomato, olives, lemon) served with ditalini pasta, roasted Brussels sprouts, apples and milk

Snack: Marinated mozzarella served with cucumbers

Thursday, December 3, 2026

Snack: Zucchini bread served with milk

Lunch: Chorizo-spiced turkey wraps with lime vegan ranch, cilantro and cotija cheese, served with colorful peppers, melon and milk

Snack: Roasted tomato salsa served with tortilla chips

Friday, December 4, 2026

Snack: Banana served with milk

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

Snack: Cheddar cheese served with pretzels and water

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