

The Early Childhood Teacher Education Center
at Sophia's Hearth Family Center
Mid Day Meal Menu
July 8 – 12, 2019

Monday through Friday

Organic Salad Selections to include:
Mixed Baby Greens,
Shredded Raw Beets, Carrots, Cucumber, Tomato, Chickpeas, Sprouts
Assorted house made Salad Dressings

Monday

Spring Chicken Salad (GF, DF)
Roasted Vegetables (GF, VG, DF)
Bread (with GF option) & Butter (V option)
Fruit Salad

Tuesday

Cranberry Apple Pecan Slaw Salad (GF, VG)
Spinach Chickpea Salad (GF, VG)
Bread (with GF option) & Butter (V option)
Fruit Salad

Wednesday

Meat and Vegetarian Wraps (VG)
Creole Roasted Yams (GF, V)
Assorted Chips
Fruit Salad

Thursday

Tarragon Chicken Salad (GF)
Gluten Free Pesto Pasta (GF, VG)
Bread (with GF option) & Butter (V option)
Fruit Salad

Friday

Caprese Salad (VG)
Chilled Gazpacho (GF, V)
Bread (with GF option) & Butter (V option)
Fruit Salad

(GF) = Gluten-Free * (V) = Vegan * (VG) = Vegetarian * (DF) = Dairy Free

Food prepared by Monadnock Food Coop - 34 Cypress St - Keene