

The Early Childhood Teacher Education Center
at Sophia's Hearth Family Center
Mid Day Meal Menu
July 10 – July 14, 2017

Monday through Friday

Organic Salad Selections to include:
Mixed Baby Greens with organic toppings
Assorted Housemade Salad Dressings

Bread & Butter

Monday

Chicken Gorgonzola Salad (GF)
Roasted Vegetables (GF, VG)
Fruit Salad

Tuesday

Tri-Color Quinoa Salad (GF, V)
Spinach Chickpea Salad (GF, V)
Fruit Salad

Wednesday

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

Thursday

Tarragon Chicken Salad (GF)
Kale Waldorf Salad (GF, V)
Fruit Salad

Friday

Caprese Salad (VG)
Pesto Pasta Salad (GF, V)
Fruit Salad

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

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