

The Early Childhood Teacher Education Center
at Sophia's Hearth Family Center
Mid Day Meal Menu
July 1 – July 5, 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

Curry Mango Chicken Salad (GF, contains scallions)
Roasted Brussel Sprout and Carrot Salad
Bread (with GF option) & Butter (V option)
Fruit Salad

Tuesday

Quinoa Tabouli (V, GF, contains onion)
Emerald Sesame Kale (GF, V)
Bread (with GF option) & Butter (V option)
Fruit Salad

Wednesday

Meat and Vegetarian (VG) Wraps
Gluten Free Garlic Lovers Pasta Salad (GF, VG)
Assorted Chips
Fruit Salad

Thursday

Kale Waldorf Salad (GF, V)
Carrot & Cabbage Slaw (GF, V)
Bread (with GF option) & Butter (V option)
Fruit Salad

Friday

Caprese Salad (VG)
Thai Peanut Quinoa Salad (GF, V contains red onion)
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