

The Early Childhood Teacher Education Center
at Sophia's Hearth Family Center
Mid Day Meal Menu
July 3 – July 7, 2017

Monday through Friday

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

Bread & Butter

Monday

Curry Mango Chicken Salad (GF)
Roasted Brussel Sprout and Carrot Salad (GF, V)
Fruit Salad

Tuesday

Alpha Omega Kamut Salad (V)
Chipotle Potato Salad (GF, V)
Fruit Salad

Wednesday

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

Thursday

Almond Chicken Salad (GF)
Golden Beet and Kale Salad (GF, V)
Fruit Salad

Friday

Caprese Salad (VG)
Thai Peanut Quinoa Salad (GF, V)
Fruit Salad

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

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