

The Early Childhood Teacher Education Center
at Sophia's Hearth Family Center
Mid Day Meal Menu
June 26 – 30, 2017

Monday through Friday

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

Bread & Butter

Monday

Cranberry Walnut Chicken Salad (GF)
Sesame Peanut Quinoa Noodles (GF, V)
Fruit Salad

Tuesday

Quinoa Tabouli (GF, V)
Broccoli Cashew Salad (GF, V)
Fruit Salad

Wednesday

Meat and Vegetarian Wraps (VG)
Co-op Potato Salad (GF, VG)
Fruit Salad

Thursday

Sweet and Spicy Tofu (GF, V)
Emerald Sesame Kale Salad (GF, V)
Fruit Salad

Friday

Spring Chicken Salad (GF)
Wild and Craisy Salad (GF, V)
Fruit Salad

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

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