



October 2026

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	1	2
			Cheesy Pizza Bites Turkey Sausage Meatballs Broccoli	Tandoori Chicken Steamed Rice Turmeric Cauliflower & Peas
5	6	7	8	9
Arroz con Pollo Seasoned Black Beans Mexican Squash	Beef Sliders with Tomato Glaze Brioche Roll Peas & Carrots	Fontina Pasta Tomato Basil Cannellini Beans Buttered Cauliflower 'Rice'	Chicken Cutlet Strips Creamy Smashed Potatoes Glazed Carrots	Chickpea Bolognese Penne Broccoli Parmesan Cup
12	13	14	15	16
NO School	Carrot Mac & Cheese Broccoli Ratatouille	Roasted Chicken with Thyme & Porcini Creamy Smashed Potatoes Parsnip & Carrot Cubes	Egg Noodles Tomato Basil Braised Beef Turmeric Cauliflower	Garlic Chicken Sliders Brioche Roll Peas
19	20	21	22	23
Penne Tomato Mascarpone Sauce Broccoli	Ancho Beef Taco Bowl Yellow Rice Mexican Squash	Toasted Cheddar Sandwiches Tomato Basil Cannellini Beans Peas	Chicken Cutlet Strips Creamy Smashed Potatoes Carrot Disks	Japanese Turkey Meatballs Rice Noodles Baby Corn Edamame & Carrots
26	27	28	29	30
Kale Basil Pesto with Gemelli Tomato Basil Cannellini Beans Carrot Disks	Parmesan Chicken Strips Marinara Dipping Sauce Orzo with Broccoli & Garlic	Turkey Kefta Lemon Rice Creamy Curried Kabocha	Beef Ricotta Meatballs Orzo Broccoli	Chicken Piccata Egg Noodles Peas

Our menu incorporates organic and local ingredients. Our farm partners include Veritas Farms, Cabot Creamery Cooperative, Ronnybrook Farms, Ilina Salmon as well as other local producers.

Menu Items are subject to change based on availability



October 2026

Vegetarian Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	1 Cheesy Pizza Bites Chickpea Sausage Meatballs Broccoli	2 Tandoori Paneer Steamed Rice Turmeric Cauliflower & Peas
5 Arroz con Vegetales Seasoned Black Beans Mexican Squash	6 Black Bean Sliders with Tomato Glaze Brioche Roll Peas & Carrots	7 Fontina Pasta Tomato Basil Cannellini Beans Buttered Cauliflower 'Rice'	8 Baked Corn Fritter Creamy Smashed Potatoes Glazed Carrots	9 Chickpea Bolognese Penne Broccoli Parmesan Cup
12 NO School	13 Carrot Mac & Cheese Broccoli Ratatouille	14 Quinoa Fritter Creamy Smashed Potatoes Parsnip & Carrot Cubes	15 Tomato Basil Braised Beans Egg Noodles Turmeric Cauliflower	16 Mushroom Chickpea Sliders Brioche Roll Peas
19 Penne Tomato Mascarpone Sauce Broccoli	20 Chipotle Black Bean Taco Bowl Yellow Rice Mexican Squash	21 Toasted Cheddar Sandwiches Tomato Basil Cannellini Beans Peas	22 Baked Corn Fritter Creamy Smashed Potatoes Carrot Disks	23 Teriyaki Tofu Rice Noodles Baby Corn Edamame & Carrots
26 Kale Basil Pesto with Gemelli Tomato Basil Cannellini Beans Carrot Disks	27 Quinoa Fritter Marinara Dipping Sauce Orzo with Broccoli & Garlic	28 Sundried Tomato Pizza Lemon Rice Creamy Curried Kabocha	29 Spinach Ricotta Meatballs Orzo Broccoli	30 Lemon Garlic Halloumi Egg Noodles Peas

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