



September 2026

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
31 Beef Tagliarini Carrot Disks Sweet Corn	1 Beef Sliders with Tomato Glaze Brioche Roll Broccoli	2 Toasted Cheddar Sandwiches Tomato Basil Cannellini Beans Peas	3 BBQ Chicken Cornbread Glazed Carrots	4 Mediterranean Turkey Meatballs Quinoa Couscous Pilaf Veggie Chickpea Tikka Masala Tangy Lemon Sauce
7 Roasted Chicken with Thyme & Porcini Creamy Smashed Potatoes Parsnip & Carrot Cubes	8 Roasted Chicken with Scallions & Capers Creamy Smashed Potatoes Peas & Carrots	9 Carrot Mac & Cheese Buttered Cauliflower 'Rice' Ratatouille	10 Arroz Con Pollo Seasoned Black Beans Green Beans	11 Beef Ricotta Meatballs with Marinara Orzo Broccoli
14 Penne Tomato-Mascarpone Sauce Broccoli	15 Chicken Souvlaki Steamed Lemon Rice Greek Peas	16 Turkey Kefta Pearl Couscous Veggie Curry	17 Beef Bulgogi Meatballs Rice Noodles Sauteed Asian Veggies	18 Chicken Cutlet Strips Orzo with Broccoli & Garlic Carrot Disks
21 Roasted Chicken with Thyme & Porcini Creamy Smashed Potatoes Parsnip & Carrot Cubes	22 Cilantro Lime Pulled Chicken Yellow Rice Mexican Squash	23 Kale Basil Pesto Tomato Basil Cannellini Beans Carrot Disks	24 Turkey Sausage Meatballs Cheesy Pizza Bites Broccoli	25 Beef Sliders with Tomato Glaze Brioche Roll Peas
28 Beef Tagliarini Carrot Disks Sweet Corn	29 BBQ Turkey Meatballs Corn Bread Buttered Peas Caramelized Onion BBQ Sauce	30 Parmesan Chicken Strips Orzo with Broccoli & Garlic Ratatouille	1 Beef Tagliarini Carrot Disks Sweet Corn	2 Beef Sliders with Tomato Glaze Brioche Roll Peas

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

Menu Items are subject to change based on availability



September 2026

Vegetarian Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
31 Chickpea Bolognese Penne Broccoli Parmesan Cup	1 Black Bean Sliders with Tomato Glaze Brioche Roll Broccoli	2 Toasted Cheddar Sandwiches Tomato Basil Cannellini Beans Peas	3 BBQ Tofu Cornbread Glazed Carrots	4 Sundried Tomato Pizza Quinoa Couscous Pilaf Veggie Chickpea Tikka Masala
7 Chickpea Bolognese Penne Broccoli Parmesan Cup	8 Quinoa Fritters Creamy Smashed Potatoes Peas & Carrots	9 Carrot Mac & Cheese Buttered Cauliflower 'Rice' Rotatouille	10 Arroz Con Vegetales Seasoned Black Beans Green Beans	11 Spinach Ricotta Meatballs with Marinara Orzo Broccoli
14 Penne Tomato-Mascarpone Sauce Broccoli	15 Lemon Garlic Halloumi & Chickpeas Steamed Lemon Rice Greek Peas	16 Vegan Lentil Mushroom Kefta Pearl Couscous Veggie Curry	17 Seitan Bulgogi Meatballs Rice Noodles Sautéed Asian Veggies	18 Quinoa Fritters Orzo with Broccoli & Garlic Carrot Disks
21 Baked Egg Fritters Creamy Smashed Potatoes Parsnip & Carrot Cubes	22 Cilantro Lime Pulled Seitan Yellow Rice Mexican Squash	23 Kale Basil Pesto with Gemelli Tomato Basil Cannellini Beans Carrot Disks	24 Chickpea Sausage Meatballs Cheesy Pizza Bites Broccoli	25 Black Bean Sliders with Brioche Roll Peas
28 Seitan Tagliarini Carrot Disks Sweet Corn	29 BBQ Mushroom Meatballs Corn Bread Buttered Peas Caramelized Onion BBQ Sauce	30 Quinoa Fritters Orzo with Broccoli & Garlic Rotatouille	1	2

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