

The Early Childhood Teacher Education Center
at Sophia's Hearth Family Center
Mid-Day Meal Menu
July 8 - 12, 2024

Monday through Friday

Organic Salad Selections to include Mixed Baby Greens, Shredded Raw Beets, Carrots, Cucumber, Tomato, Beans, Sprouts and Assorted Dressings

Monday

Thai Peanut Quinoa (V, DF, GF, contains peanuts, soy, onion)
Roasted Brussell Sprouts & Carrots with Vinaigrette (V, DF, GF contains: scallions, garlic)
Fruit Salad

Tuesday

Sweet Potato Enchiladas (VG, contains cheese, onion)
Refried Beans (V, contains onion)
Mexican Rice (VG contains onion, cheese)
Fruit Salad

Wednesday

Meat & Cheese Platter with assorted breads (GF option)
Garlic Hummus (V, DF, GF, contains sesame, garlic)
Creole Roasted Yams (V, GF, DF contains: garlic)
Fruit Salad

Thursday

Spring Chicken Salad (DF, GF)
Sweet & Spicy Tofu (V, GF contains: scallions)
Fruit Salad

Friday

Roasted Butternut Squash w/Pumpkin Seed Pesto
Caprese Salad (VG, GF)
Fruit Salad

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

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