

The Early Childhood Teacher Education Center  
at Sophia's Hearth Family Center  
Mid-Day Meal Menu  
June 24 – 28, 2024

**Monday through Friday**

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

**Monday**

Cranberry Walnut Chicken Salad (DF, GF, contains: eggs, tree nuts)  
Spinach Chickpea Salad  
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**

White Balsamic Chicken or Tofu  
Assorted Veggies  
White Rice  
Fruit Salad

**Friday**

Sweet & Spicy Tofu (V, GF contains: scallions)  
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