

The Early Childhood Teacher Education Center
at Sophia's Hearth Family Center
Mid-Day Meal Menu
July 1 – July 5, 2024

Monday through Friday

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

Monday

Teriyaki Tofu Stir fry
Steamed Broccoli
White Rice
Fruit Salad

Tuesday

Meat & Cheese Platter with assorted breads (GF option)
Garlic Hummus (V, DF, GF, contains sesame, garlic)
Parmesan Fingerling Potatoes
Fruit Salad

Wednesday

Red Lentil Tikka Masala (contains onion, coconut, garlic)
Roasted Vegetables (contains onions)
Basmati Rice
Fruit Salad

Thursday

Mango Curry Tofu (V, contains: nuts, scallions)
Almond Chicken Salad (contains: nuts, onions)
Fruit Salad

Friday

New England Baked Haddock
Lemon Caper Tofu
Steam/Roasted Vegetable
Rice
Fruit Salad

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

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