

The Early Childhood Teacher Education Center
at Sophia's Hearth Family Center
Mid-Day Meal Ingredients

Monday 6/26

Cranberry Walnut Chicken Salad - Antibiotic Free Chicken Breast, Dried Cranberries, Walnuts, Organic Celery, Canola Mayonnaise, Organic Apple Cider Vinegar, Honey Mustard, Tarragon, Parsley, Black Pepper, Kosher Salt (DF, GF, Contains Eggs, Tree Nuts)

Zen Chickpea Salad - Organic Garbanzo Beans, Vegan Mayonnaise, Organic Lemon Juice, Organic Celery, Dill Relish, Scallions, Fresh Dill, Kosher Salt, Black Pepper, Organic Cayenne Pepper (V, GF, DF, Contains Soy)

Fruit Salad - Watermelon, Cantaloupe, Honey Dew Melon, Red Grapes, Strawberries, Blueberries (V, GF, DF)

Tuesday 6/27

Sweet Potato Enchiladas – Sweet potatoes, Basmati Rice, Spanish Onion, Black Beans, Cheddar & Pepper Cheese, Flour tortillas, Guajillo Peppers, Tomatoes, Mole Sauce (semi sweet chocolate, vegetable base, agave syrup, lime juice, kosher salt, black pepper, picked red onion, toasted pepitas, olive oil, spices)

Refried Beans – Pinto beans, Olive Oil, Garlic, Lime Juice, Kosher Salt, Black Pepper, Cumin, Chili Powder

Mexican Rice – Basmati rice, Olive Oil, Sweet Potatoes, Spanish Onions, Black Beans, Cheddar Cheese, Garlic, Kosher Salt, Black Pepper, Cumin, Chili Powder, Pimentos

Wednesday 6/28

Meat & Cheese Platter - Mild Cheddar Cheese, Andrew & Everett Swiss Cheese, Andrew & Everett Provolone Cheese, McKenzie Oven Roasted Turkey, McKenzie Uncured Smoked Ham, Applegate Salami

Garlic Hummus - Organic Garbanzo Beans, Sesame Tahini, Organic Olive Oil, Organic Lemon Juice, Organic Garlic, Parsley, Sea Salt, Cayenne Pepper (V, DF, GF contains Sesame)

Co-op Potato Salad - Yukon Gold Potatoes, Canola Mayonnaise, Cage Free Egg, Organic Celery, Sour Cream, Onion, Apple Cider Vinegar, Mustard, Parsley, Sea Salt, Dill, Celery Seed, Pepper

Thursday 6/29

Garlic Lovers Pasta (GF) - Gluten Free Red Lentil Pasta, Peas, Parsley, Scallions, Organic Lemon Juice, Buttermilk, Parmesan Cheese, Cayenne Pepper, Oregano, Basil, Sir Kensington Mayonnaise, Garlic, Black Pepper, Kosher Salt

Caprese Salad - Maplebrook Mozzarella, Grape Tomatoes, Basil, Organic Extra Virgin Olive Oil, Black Pepper, Kosher Salt (VG, GF)

Friday 6/30

Meat & Cheese Platter - Mild Cheddar Cheese, Andrew & Everett Swiss Cheese, Andrew & Everett Provolone Cheese, McKenzie Oven Roasted Turkey, McKenzie Uncured Smoked Ham, Applegate Salami

Garlic Hummus - Organic Garbanzo Beans, Sesame Tahini, Organic Olive Oil, Organic Lemon Juice, Organic Garlic, Parsley, Sea Salt, Cayenne Pepper (V, DF, GF contains Sesame)

Creole Roasted Yams - Organic Yams, Organic Olive Oil, Paprika, Ground Coriander, Garlic, Kosher Salt, Crushed Red Pepper Flakes, Cayenne Pepper (V, GF, DF)

Monday 7/3

Spring Chicken Salad - Antibiotic Free Chicken Breast, Organic Cucumbers, Scallions, Grape Tomatoes, Arugula, Organic Olive Oil, Red Wine Vinegar, Organic Lemon Juice, Garlic, Dill, Kosher Salt, Black Pepper (DF, GF)

Broccoli Cashew Salad - Organic Broccoli, Red Bell Pepper, Red Onion, Cashew Dressing (Wheat Free Tamari, Organic Garlic, Sunflower Oil, Black Pepper, Cashews) V, DF, GF
Contains NUTS

Tuesday 7/4

Meat & Cheese Platter - Mild Cheddar Cheese, Andrew & Everett Swiss Cheese, Andrew & Everett Provolone Cheese, McKenzie Oven Roasted Turkey, McKenzie Uncured Smoked Ham, Applegate Salami

Garlic Hummus - Organic Garbanzo Beans, Sesame Tahini, Organic Olive Oil, Organic Lemon Juice, Organic Garlic, Parsley, Sea Salt, Cayenne Pepper (V, DF, GF contains Sesame)

Parmesan Fingerling Potatoes

Wednesday 7/5

Red Lentil Tikka Masala – Red Lentils, Potatoes, Tomatoes, Baby Spinach, Spanish Onions, Coconut Milk, Coconut Oil, Garlic, Ginger Juice, Garam masala, Parika, Cumin, Coriander, Smoked Paprika, Turmeric, Cayenne, Chili Pepper, Salt.

Roasted Vegetables – Cauliflower, Carrots, Spanish Onions, Sunflower Oil, Curry, Lime Juice, Kosher Salt, Black Pepper

Basmati Rice

Thursday 7/6

Meat & Cheese Platter - Mild Cheddar Cheese, Andrew & Everett Swiss Cheese, Andrew & Everett Provolone Cheese, McKenzie Oven Roasted Turkey, McKenzie Uncured Smoked Ham, Applegate Salami

Garlic Hummus - Organic Garbanzo Beans, Sesame Tahini, Organic Olive Oil, Organic Lemon Juice, Organic Garlic, Parsley, Sea Salt, Cayenne Pepper (V, DF, GF contains Sesame)

Creole Roasted Yams - Organic Yams, Organic Olive Oil, Paprika, Ground Coriander, Garlic, Kosher Salt, Crushed Red Pepper Flakes, Cayenne Pepper (V, GF, DF)

Friday 7/7

Mango Curry Tofu - Organic Tofu, Organic Mango, Organic Celery, Almonds, Mango Chutney, Vegenaise, Organic Scallions, Organic Curry Powder, Organic Extra Virgin Olive Oil, Salt (V, GF) Contains NUTS

Caprese Salad (VG) - Maplebrook Mozzarella, Grape Tomatoes, Basil, Organic Extra Virgin Olive Oil, Black Pepper, Kosher Salt (VG, GF)

Monday 7/10

Thai Peanut Quinoa - Organic White Quinoa, Peanut Butter, Peanuts, Wheat Free Tamari, Sesame Oil, Organic Lime Juice, Organic Spinach, Peas, Red Bell Pepper, Red Onion, Cilantro, Kosher Salt (V, DF, GF, Contains Peanuts & Soy)

Roasted Brussel Sprouts & Carrots in Co-op Vinaigrette - Brussel Sprouts, Carrots, Scallions, Capers, Organic Lemon Juice, Organic Agave Nectar, Organic Apple Cider Vinegar, Dijon Mustard, Sunflower Oil, Brown Mustard Seeds, Garlic, Kosher Salt, Black Pepper (V, DF, GF)

Tuesday 7/11

Sweet Potato Enchiladas – Sweet potatoes, Basmati Rice, Spanish Onion, Black Beans, Cheddar & Pepper Cheese, Flour tortillas, Guajillo Peppers, Tomatoes, Mole Sauce (semi-sweet chocolate, vegetable base, agave syrup, lime juice, kosher salt, black pepper, picked red onion, toasted pepitas, olive oil, spices)

Refried Beans – Pinto beans, Olive Oil, Garlic, Lime Juice, Kosher Salt, Black Pepper, Cumin, Chili Powder

Mexican Rice – Basmati rice, Olive Oil, Sweet Potatoes, Spanish Onions, Black Beans, Cheddar Cheese, Garlic, Kosher Salt, Black Pepper, Cumin, Chili Powder, Pimentos

Wednesday 7/12

Meat & Cheese Platter - Mild Cheddar Cheese, Andrew & Everett Swiss Cheese, Andrew & Everett Provolone Cheese, McKenzie Oven Roasted Turkey, McKenzie Uncured Smoked Ham, Applegate Salami

Garlic Hummus - Organic Garbanzo Beans, Sesame Tahini, Organic Olive Oil, Organic Lemon Juice, Organic Garlic, Parsley, Sea Salt, Cayenne Pepper (V, DF, GF contains Sesame)

Parmesan Fingerling

Thursday 7/13

Almond Chicken Salad - Antibiotic Free Chicken, Organic Celery, Onion, Parsley, Toasted Almonds, Canola Oil Mayonnaise, Sour Cream, Organic Almond Butter, Tarragon, Salt, Lemon Pepper Seasoning, Organic Olive Oil

Sweet & Spicy Tofu (V) - Organic Tofu, Red Bell Pepper, Scallions, Organic Agave, Wheat Free Tamari, Organic Lemon Juice, Organic Sesame Toasted Oil, Organic Ginger

Friday 7/14

Meat & Cheese Platter - Mild Cheddar Cheese, Andrew & Everett Swiss Cheese, Andrew & Everett Provolone Cheese, McKenzie Oven Roasted Turkey, McKenzie Uncured Smoked Ham, Applegate Salami

Garlic Hummus - Organic Garbanzo Beans, Sesame Tahini, Organic Olive Oil, Organic Lemon Juice, Organic Garlic, Parsley, Sea Salt, Cayenne Pepper (V, DF, GF contains Sesame)

Creole Roasted Yams - Organic Yams, Organic Olive Oil, Paprika, Ground Coriander, Garlic, Kosher Salt, Crushed Red Pepper Flakes, Cayenne Pepper (V, GF, DF)

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

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