

BOWER TREE WINTER MENU

MONDAY

Snack: honey cinnamon popcorn w/ fresh fruit

Lunch: sausage, rice, and bell pepper skillet

prep tasks:

- *grinding/grating cinnamon*
- *washing and chopping fruit and bell pepper*

TUESDAY

Snack: tasting platter (crackers w/ various toppings and sides including fruits, vegetables, meats, cheeses, and condiments)

Lunch: vegetable soup with homemade bread and hardboiled eggs

prep tasks:

- *slicing cheese, fruit, or vegetables for snack*
- *peeling and chopping potatoes and carrots*
- *kneading and shaping bread dough*

WEDNESDAY

Snack: oatmeal or millet porridge

Lunch: tacos (homemade almond & coconut flour tortillas w/ pinto beans, cheese, chopped tomatoes, shredded greens, Mexican white sauce, and nutritional yeast)

prep tasks:

- *grating cheese*
- *chopping/grating greens*
- *rolling out tortilla dough*

THURSDAY

Snack: almond flour scones w/ butter and jam

Lunch: sandwiches (tuna salad*, turkey, ham, cream cheese & cucumber, or PBJ) using homemade bread, w/ carrot sticks or fruit on the side

*containing chopped apple + cucumber or celery

prep tasks:

- *washing and chopping apples and celery*
- *peeling and chopping carrots and cucumber*