

Sample Menu

2022



UPPER SCHOOL

ALL MEALS INCLUDE DAILY HOT SOUP, SALAD BAR, SEASONAL FRUIT BAR, PIZZA & DESSERT

Vegetarian Option: Gluten Free Option Available Produce of the Month:

Produce of the Month: Pumpkin



Pumpkin season is officially here! Did you know in California, about 90% of pumpkins are grown specifically for Halloween? We love pumpkins because they are an excellent source of vitamin A and a good source of Vitamin C. They get their bright orange color thanks to a healthy dose of beta-carotene, which can reduce the risk of certain cancers and help protect your heart!

Monday	Tuesday	Wednesday	Thursday	Friday
CHEF'S GRILL Korean BBQ Tacos with Siracha Aioli Sesame Garlic Noodles	CHEF'S GRILL Glazed Chicken Roasted Potatoes	CHEF'S GRILL Grilled Pork Loin Sautéed Apples Brussel Sprouts	CHEF'S GRILL Beef Stroganoff Herbed Egg Noodles	CHEF'S GRILL Thai Pumpkin Curry Steamed Rice
VEGGIE CAFÉ Chili Mac Vegan Tuna Melt Yuca Fries with Cilantro Dipping Sauce	VEGGIE CAFÉ Southern Grits with Soft Boiled Egg Vegetable Tartlet	VEGGIE CAFÉ Vegan Pad Thai Chicago-Style Veggie Hot Dog Crispy Spicy Green Beans	VEGGIE CAFÉ Pumpkin Grilled Cheese Lentil and Brown Rice with Spinach	VEGGIE CAFÉ Vegan Lasagna Vegan Tofu Scramble with Wheat Toast
BISTRO GARDEN <u>Daily Deli with Gluten Free Bread</u> ROAST WORKS CARVING Pastrami with Potato Salad SANDWICH SPECIAL: Mediterranean Shrimp Salad on Croissant	BISTRO GARDEN ROAST WORKS CARVING Braised Beef with Mushrooms and Onions SANDWICH SPECIAL Chicken Saltimbocca Panini	BISTRO GARDEN ROAST WORKS CARVING Jerk Turkey with Sautéed Greens SANDWICH SPECIAL Egg & Sausage "McMuffin"	BISTRO GARDEN ROAST WORKS CARVING Grilled Chicken with Tikka Masala Sauce and Flatbread SANDWICH SPECIAL Spicy Jackfruit Wrap	BISTRO GARDEN ROAST WORKS CARVING Cuban Mojo Pork SANDWICH SPECIAL Crispy Chicken Pita Pocket
MEXICAN FIESTA Chicken Chile Verde Impossible Taco Salad	MEXICAN FIESTA Crispy Carnitas Mexican-Style Quiche 	MEXICAN FIESTA Lamb Barbacoa Mushroom Fajitas	MEXICAN FIESTA Green Chile Beef Burrito Fishless Filet Burrito	MEXICAN FIESTA Ropa Vieja Veggie Meatballs with Achiote Sauce
CHOWDA HOUSE Sushi Day!	CHOWDA HOUSE Cajun Etouffee with Dirty Rice	CHOWDA HOUSE Crispy Shrimp Po'Boy	CHOWDA HOUSE Tuna Noodle Casserole	CHOWDA HOUSE Maple Glazed Salmon with Green Beans
BURGERLAND <u>Veggie Burger Served Daily</u> Crispy Fish Sandwich with Dill Slaw	BURGERLAND Double Cheeseburger	BURGERLAND Gyro Club with Roasted Garlic Aioli	BURGERLAND Chicken Burger with Country Gravy	BURGERLAND Open Face Turkey Melt
TASTE OF ITALY <u>Gluten Free Available Daily</u> Pumpkin Bacon Carbonara	TASTE OF ITALY Chipotle Tomato Sauce	TASTE OF ITALY Buffalo Chicken Pasta	TASTE OF ITALY Brothy Pasta with Chickpeas	TASTE OF ITALY Pasta al Limon