

October 28- November 1 2024

UPPER SCHOOL

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



HAPPY HALLOWEEN

Gluten Free
Options Upon
Request



Vegetarian



Produce of
the Month



28 Monday	29 Tuesday	30 Wednesday	31 Thursday	1 Friday
CHEF'S GRILL	CHEF'S GRILL	CHEF'S GRILL	CHEF'S GRILL Creepy Caribbean Jerk Pork Ribs Terrifying Rice and Peas Spooky Sweet Plantains	CHEF'S GRILL Three Cup Chicken Steamed Rice Vegetable Medley
VEGGIE CAFE NO SCHOOL ENJOY THE FALL BREAK DAY!	VEGGIE CAFE Eggplant Parmesan White Bean Scampi with Spaghetti Squash	VEGGIE CAFE Old Fashioned Tomato Pie Brussel Sprout Slaw with Crispy Sumac Chickpeas	VEGGIE CAFE Ghoulish Kale and Sweet Potato Red Curry Ghastly Tahni Roasted Broccoli and Cauliflower	VEGGIE CAFE Tofu Bhuri with Toasted Bread Chimichurri Salad with Plant Based Protein
BISTRO GARDEN DELI BAR EVERYDAY!	BISTRO GARDEN Chicken Saltimbocca	BISTRO GARDEN Grilled Herb and Honey Pork Loin	BISTRO GARDEN Haunting Beef and Pineapple Stir Fry	BISTRO GARDEN Southern Smothered Turkey Wings
MEXICAN FIESTA	MEXICAN FIESTA Assorted Tamales with Salsa Rojo	MEXICAN FIESTA Carne Asada Tacos Jalapeno Poppers with Cilantro Crema	MEXICAN FIESTA Gruesome Chicken Chile Verde Wicked Mexican Quinoa Salad	MEXICAN FIESTA Bacon, Egg, and Cheese Chilaquiles Egg and Chilaquiles
CHOWDA HOUSE	CHOWDA HOUSE Thai Shrimp Curry	CHOWDA HOUSE Baked Haddock in Spiced Yogurt with Basmati Rice	CHOWDA HOUSE Gruesome Jalapeno Tuna Tostada Avocado Cream Sauce	CHOWDA HOUSE New England Clam Roll with Chips
BURGERLAND VEGGIE BURGER EVERYDAY!	BURGERLAND Crispy Fish with Chili Lime Tartar Sauce	BURGERLAND Harissa Chicken on Naan	BURGERLAND Eerie Salmon Burger with Kale Slaw and Caper Aioli	BURGERLAND All Beef Hot Dog
TASTE OF ITALY GLUTEN FREE PASTA EVERYDAY!	TASTE OF ITALY Roasted Red Pepper Marinara	TASTE OF ITALY Broccoli Parmesan Alfredo	TASTE OF ITALY Bewitching Turkey and Mushroom Bolognese	TASTE OF ITALY Creamy Rose Sauce