

November 11 - November 15 2024

UPPER SCHOOL

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

Produce of the Month:

Root Vegetables



These vegetables are actually the energy-storage facilities of the plants. They're stocked with carbs and sugars to feed the leaves above ground. The exact balance between sugar, starch and water determines how sweet the root is — from mellow carrots to spiky radishes, from potatoes to peppery turnips.

Gluten Free Options Upon Request 

Vegetarian 

Produce of the Month 

11 Monday	12 Tuesday	13 Wednesday	14 Thursday	15 Friday
CHEF'S GRILL Pork Chops Sausage and Herb Stuffing Sauteed Apples	CHEF'S GRILL  Beef Burgundy Garlic Mashed Potatoes Seasonal Vegetables	CHEF'S GRILL Chicken Parmesan Angel Hair Pasta Garlic Breadsticks	CHEF'S GRILL  Sloppy Joes French Fries Roasted Zucchini	CHEF'S GRILL  Chicken Tikka Masala Steamed Basmati Rice Roasted Cauliflower
VEGGIE CAFE  Aloo Tamatar Sabzi with Garlic Naan Tomato, Goat Cheese, and Arugula Frittata	VEGGIE CAFE  Italian Baked Beans and Greens Soy Glazed Tofu with Mushrooms and Crispy Rice	VEGGIE CAFE  Double Tomato Focaccia with Whipped Herb Ricotta Butternut Squash Risotto with Maple Pecans	VEGGIE CAFE  Vegetable Biryani Stuffed Sweet Potatoes	VEGGIE CAFE  Moroccan Cauliflower Bowl with Spiced Chickpeas Sauteed Lentil Bowl with Hummus and Chili Oil
BISTRO GARDEN  DELI BAR EVERYDAY! Sheppard's Pie	BISTRO GARDEN  Baked Ham with Raspberry Chipotle Glaze	BISTRO GARDEN White Lasagna	BISTRO GARDEN  Lemon Thyme Chicken with Roasted Potatoes	BISTRO GARDEN  Pomegranate Braised Brisket with Zhug
MEXICAN FIESTA  Green Chile Chicken Taquitos Potato Taquitos	MEXICAN FIESTA  Southwestern Black Bean Quesadillas	MEXICAN FIESTA  Lamb Carnitas Impossible Salpicon	MEXICAN FIESTA  Chipotle Lime Braised Clams Camotes with Chipotle Aioli	MEXICAN FIESTA  Chorizo Meatloaf Fideo
CHOWDA HOUSE  Pla Pad Cha (Thai Fried Fish with Chile Sauce)	CHOWDA HOUSE Crispy Shrimp with Spicy Lemongrass Sauce	CHOWDA HOUSE Spicy Tuna Poke Bowl	CHOWDA HOUSE  Shakshuka Style Mediterranean Fish	CHOWDA HOUSE  Grilled Swordfish with Furikake Butter
BURGERLAND  VEGGIE BURGER EVERYDAY! Aleppo Turkey Burger with Yogurt Sauce	BURGERLAND  Chipotle Pulled Pork	BURGERLAND  Meatball Marinara Sub	BURGERLAND  Grilled Chicken BLTA	BURGERLAND  Turkey Melt with Garlic Parmesan Spread
TASTE OF ITALY GLUTEN FREE PASTA EVERYDAY! Winter Pesto with Sweet Potato and Kale	TASTE OF ITALY Tomato, Fennel, and Basil Sauce	TASTE OF ITALY Marry Me Chicken Pasta	TASTE OF ITALY Cajun Tomato Sauce	TASTE OF ITALY Elote Corn Pasta Sauce