

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