

November 18 - November 22

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 

18	Monday	19	Tuesday	20	Wednesday	21	Thursday	22	Friday
CHEF'S GRILL 	CHEF'S GRILL 	CHEF'S GRILL 	CHEF'S GRILL 	CHEF'S GRILL 	CHEF'S GRILL 	CHEF'S GRILL 	CHEF'S GRILL 	CHEF'S GRILL 	CHEF'S GRILL 
Chicken Cacciatore Asiago Polenta Seasonal Vegetables	Mongolian Pork Vegetable Lo Mein Honey Soy Glazed Carrots	Beef Vindaloo Basmati Rice Warm Naan	Chicken and Sausage Paella Dinner Rolls	Lemon Pepper Chicken Skewers Herb Couscous Seasonal Vegetables					
VEGGIE CAFE 	VEGGIE CAFE 	VEGGIE CAFE 	VEGGIE CAFE 	VEGGIE CAFE 					
Pavbahji with Hawaiian Rolls Sheet Pan Tofu with Green Goddess Sauce	Vegan Panang Curry Gochujang Cauliflower Wings	Vegan Impossible Noodle Stir Fry Vegan Sushi Bake	Vietnamese Pumpkin Soup with Basmati Rice Rumbledethumps	Vegetarian Hot Dogs Chef's Choice					
BISTRO GARDEN  DELI BAR EVERYDAY!	BISTRO GARDEN 	BISTRO GARDEN 	BISTRO GARDEN 	BISTRO GARDEN 					
Beef Stew	Chicken a l'Orange	Pesto Turkey with Lemon Orzo	Indian Spiced Pork Roast with Rosemary and Onions	Chef's Choice					
MEXICAN FIESTA 	MEXICAN FIESTA 	MEXICAN FIESTA 	MEXICAN FIESTA 	MEXICAN FIESTA 					
Mexican Shrimp Cocktail Chile Rellenos	Potato, Egg, and Cheese Wet Burrito	Beef Barbacoa Chickpea Chile Verde	White Chicken Chile Jackfruit Tinga	Chimichurri Lamb Tacos Falafel Tacos					
CHOWDA HOUSE 	CHOWDA HOUSE 	CHOWDA HOUSE 	CHOWDA HOUSE 	CHOWDA HOUSE 					
Asian Tilapia with Stir Fried Green Beans	Herb Fish with Goat Cheese Risotto	Lobster Mac and Cheese	Macadamia Nut Crusted Fish Bowl	Cod and Potatoes in Rosemary Cream Sauce					
BURGERLAND  VEGGIE BURGER EVERYDAY!	BURGERLAND 	BURGERLAND 	BURGERLAND 	BURGERLAND 					
Gyro with Avocado Yogurt and Feta	Italian Joe on Texas Toast	The Ultimate Salmon Burger	Chorizo and Egg on English Muffin	Chef's Choice					
TASTE OF ITALY GLUTEN FREE PASTA EVERYDAY!	TASTE OF ITALY	TASTE OF ITALY	TASTE OF ITALY	TASTE OF ITALY					
Spicy Southwest Tomato Pesto	Artichoke and Sun Dried Tomato Sauce	Toasted Ravioli	Butternut Squash and Sage Alfredo	Garlic Mushroom Sauce					