

October 7 - October 11 2024

 **UPPER SCHOOL**

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

Produce of the Month:

Pumpkin



There are more than 45 different types of pumpkin, with fun names like Baby Bear, Spooktacular, Ghost Rider, Tricky Jack, and Sweetie Pie.



7 Monday	8 Tuesday	9 Wednesday	10 Thursday	11 Friday
CHEF'S GRILL  Pork Chop Marsala Garlic and Herb Orzo Roasted Cauliflower	CHEF'S GRILL  Colombian Roast Chicken Papa Salada	CHEF'S GRILL Chicken Enchiladas Spanish Rice Pinto Beans	CHEF'S GRILL  Hungarian Goulash Egg Noodles Seasonal Vegetable	CHEF'S GRILL Korean BBQ Bowl Sesame Rice Fried Potstickers
VEGGIE CAFE  Roasted Delicata Squash Curry Sweet and Sour Battered Mushrooms	VEGGIE CAFE  Mapo Tofu Vegan Congee with Shiitakes and Pickled Onions	VEGGIE CAFE  Pumpkin Hummus Bowl with Butternut Squash and Crunchy Chickpeas Vegan Tenders	VEGGIE CAFE  Baked Apple with Oatmeal Filling Persian Celery Stew with Mushrooms (Khoresh-e Karafs)	VEGGIE CAFE  Chinese Broccoli Stir Fry Vegetable Turnovers
BISTRO GARDEN  DELI BAR EVERYDAY! Orange and Tarrgon Turkey Breast	BISTRO GARDEN  Greek Roasted Lamb with Tzatziki	BISTRO GARDEN  Rendang Beef with Grilled Flatbread	BISTRO GARDEN  Ajiaco (Colombian Chicken and Potato Stew)	BISTRO GARDEN  BBQ Rubbed Roast Pork Shoulder
MEXICAN FIESTA  Cilantro Lime Chicken Taco Salad Zucchini and Corn Taco Salad	MEXICAN FIESTA Ham and Cheese Torta Wet Bean and Cheese Burrito	MEXICAN FIESTA  CLOSED FOR PSATS	MEXICAN FIESTA  Pork Adovado Eggs a la Mexicana with Potato Hash	MEXICAN FIESTA  Oaxacan Chocolate Lamb Mole Jackfruit Carnitas
CHOWDA HOUSE  Roast Haddock in Tomato Basil Sauce	CHOWDA HOUSE  Za'atar Crusted Swordfish with Cucumber Salad	CHOWDA HOUSE  Cajun Shrimp and Grits	CHOWDA HOUSE  Pescado Encocado (Ecuadorian Fish in Coconut Sauce)	CHOWDA HOUSE  San Franciscan Cioppino
BURGERLAND  VEGGIE BURGER EVERYDAY! Cheddar Jalapeno Turkey Burger	BURGERLAND  Open Faced Egg and Sausage Sandwich	BURGERLAND  Egyptian Fried Fish Sandwich	BURGERLAND  Honey Sriracha Pulled Pork	BURGERLAND  Balsamic Grilled Chicken with Bacon
TASTE OF ITALY GLUTEN FREE PASTA EVERYDAY! Spicy Garlic Marinara	TASTE OF ITALY Mushroom Alfredo	TASTE OF ITALY Buffalo Chicken Mac and Cheese	TASTE OF ITALY Roasted Squash Tomato Sauce	TASTE OF ITALY Artichoke and Sundried Tomato Pesto