

# October 14 - October 18 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.

Gluten Free  
Options Upon  
Request



Vegetarian



Produce of  
the Month



14	Monday	15	Tuesday	16	Wednesday	17	Thursday	18	Friday
<b>CHEF'S GRILL</b> 	Chicken Piccata Garlic Mashed Potatoes Roasted Broccolini	<b>CHEF'S GRILL</b>	Asian Marinated Tri-Tip Yaki Soba Noodles Kimchi and Pickled Carrots	<b>CHEF'S GRILL</b> 	Cajun Honey Butter Pork Loin Baked Beans Roasted Brussel Sprouts	<b>CHEF'S GRILL</b>	Chicken Adobo Garlic Fried Rice Spicy Green Beans	<b>CHEF'S GRILL</b>	French Toast Sticks Cheese Omelets Hash Browns
<b>VEGGIE CAFE</b> 	Layered Enchilada Casserole  Vegan Tortilla Soup  Yucca Fries	<b>VEGGIE CAFE</b> 	Cherry Tomato Clafoutis  Korma Curry	<b>VEGGIE CAFE</b> 	Tofu Sisig  Ginisang Munggo (Filipino Mung Bean Soup)	<b>VEGGIE CAFE</b> 	Indian Naan Pizza with Paneer  Middle Eastern Eggplant with Kale Slaw	<b>VEGGIE CAFE</b> 	Vegan Kedgeree with Jackfruit and  Tomato and Fennel Braised Chickpeas
<b>BISTRO GARDEN</b> <b>DELI BAR EVERYDAY!</b>	Filipino Beef Giniling	<b>BISTRO GARDEN</b> 	Pastrami Style Grilled Turkey Breast	<b>BISTRO GARDEN</b> 	Skillet Chicken Thighs with Peaches	<b>BISTRO GARDEN</b> 	Sticky Gochujang Lamb Ribs	<b>BISTRO GARDEN</b> 	Bangers and Mash with Onion Gravy
<b>MEXICAN FIESTA</b> 	Alambres Tacos  Fried Cauliflower Taco	<b>MEXICAN FIESTA</b> 	Chicken Guisado  Tofu Al Pastor	<b>MEXICAN FIESTA</b> 	Sonoran Hot Dog  Sofrito Black Beans with Sweet Plantains	<b>MEXICAN FIESTA</b> 	Albondigas  Vegan Fajitas	<b>MEXICAN FIESTA</b>	Ham Sincronizadas  Chipotle Chickpea Tostada
<b>CHOWDA HOUSE</b> 	Pesang Isda (Filipino Fish in Ginger Broth)	<b>CHOWDA HOUSE</b> 	Shrimp and Scallop Posole	<b>CHOWDA HOUSE</b> 	Miso Salmon Caesar Salad	<b>CHOWDA HOUSE</b> 	Grilled Swordfish with Lemon, Mint, and Basil	<b>CHOWDA HOUSE</b>	Crawfish Etouffee with White Rice
<b>BURGERLAND</b>  <b>VEGGIE BURGER EVERYDAY!</b>	Bruschetta Salmon Burger with Pesto Mayo	<b>BURGERLAND</b> 	Ham, Apple, and Cheddar Sub	<b>BURGERLAND</b> 	French Dip Turkey Burger	<b>BURGERLAND</b> 	Santa Fe Chicken Sandwich	<b>BURGERLAND</b> 	Kentucky Hot Brown
<b>TASTE OF ITALY</b> <b>GLUTEN FREE PASTA EVERYDAY!</b>	Creamy Zucchini and Corn Alfredo	<b>TASTE OF ITALY</b>	Baked Tortellini	<b>TASTE OF ITALY</b>	Chipotle Cilantro Pesto	<b>TASTE OF ITALY</b>	Chicken Rasta Pasta	<b>TASTE OF ITALY</b>	Chickpea Marinara with Basil