

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