

# May 12 - May 16 2025

# UPPER SCHOOL

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

**Produce of the Month:**

## Berries



On average everyone in Britain eats nearly 9,000 peas per year. The world record for eating peas is held by Janet Harris of Sussex who, in 1984, ate 7175 peas one by one in 60 minutes using chopsticks! Thick London fogs of the 19th and 20th centuries were dubbed 'pea-soupers' because of their density and green tinge.

Gluten Free  
Options Upon  
Request



Vegetarian



Produce of  
the Month



12 Monday	13 Tuesday	14 Wednesday	15 Thursday	16 Friday
<b>CHEF'S GRILL</b> General Tso's Chicken Steamed Rice Broccolini	<b>CHEF'S GRILL</b> Honey Orange Glazed Pork Loin Roasted Potatoes Sauteed Cabbage	<b>CHEF'S GRILL</b> Cajun Jambalaya with Chicken, Shrimp, and Sausage Creole Style Okra Corn Muffins	<b>CHEF'S GRILL</b> Achiote Rubbed Turkey Breast Mexican Cornbread Stuffing Zucchini with Lime and Cotija	<b>CHEF'S GRILL</b> Swedish Meatballs Egg Noodles Sweet Peas
<b>VEGGIE CAFE</b> French Toast with Strawberries  Vegetable Frittata Breakfast Potatoes	<b>VEGGIE CAFE</b> Jackfruit Stuffed Potato  Eggplant Caponata Melt	<b>VEGGIE CAFE</b> Kadai Paneer  Curried Barley Porridge	<b>VEGGIE CAFE</b> Stuffed Delicata Squash  Plant Based Tostada	<b>VEGGIE CAFE</b> Crispy Coconut Tofu  Indian Inspired Potato Cauliflower Pizza
<b>BISTRO GARDEN</b> <b>DELI BAR EVERYDAY!</b> Coconut Miso Salmon Curry	<b>BISTRO GARDEN</b> Chicken Arrabbiata Stew	<b>BISTRO GARDEN</b> Apple and Brown Sugar Corned Beef	<b>BISTRO GARDEN</b> Pork Loin Stuffed with Pesto and Prosciutto	<b>BISTRO GARDEN</b> Blackened Mahi Mahi with Spicy Kale
<b>MEXICAN FIESTA</b> <b>Relocated to Pasta Station</b> Chef's Choice	<b>MEXICAN FIESTA</b> <b>Relocated to Pasta Station</b> Chef's Choice	<b>MEXICAN FIESTA</b> <b>Relocated to Pasta Station</b> Chef's Choice	<b>MEXICAN FIESTA</b> <b>Relocated to Pasta Station</b> Chef's Choice	<b>MEXICAN FIESTA</b> <b>Relocated to Pasta Station</b> Chef's Choice
<b>CHOWDA HOUSE</b> Closed	<b>CHOWDA HOUSE</b> Closed	<b>CHOWDA HOUSE</b> Closed	<b>CHOWDA HOUSE</b> Closed	<b>CHOWDA HOUSE</b> Closed
<b>BURGERLAND</b> <b>VEGGIE BURGER EVERYDAY!</b> Crispy Crab Cake with Bacon and Tartar Sauce	<b>BURGERLAND</b> Chili Cheese Hot Dog	<b>BURGERLAND</b> Creamy Shredded Chicken Sub	<b>BURGERLAND</b> Cuban Sandwich	<b>BURGERLAND</b> Buffalo Chicken Sausage with Bleu Cheese
<b>TASTE OF ITALY</b> <b>GLUTEN FREE PASTA EVERYDAY!</b> Creamy Mushroom Marinara	<b>TASTE OF ITALY</b> Toasted Ravioli with Marinara	<b>TASTE OF ITALY</b> Caramelized Onion Alfredo	<b>TASTE OF ITALY</b> Roasted Broccoli Basil Pesto	<b>TASTE OF ITALY</b> Salmon Carbonara