

March 24 - March 28 2025

UPPER SCHOOL

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

Produce of the Month:

Cucumber



The term “cool as a cucumber” is actually derived from the cucumber’s ability to cool the temperature of the blood. Also, when applied topically, cucumber really does cool the blood and ease facial swelling, which is why cucumbers are so popular in facial regimens.

Gluten Free
Options Upon
Request 

Vegetarian 

Produce of
the Month 

24 Monday	25 Tuesday	26 Wednesday	27 Thursday	28 Friday
CHEF'S GRILL  Sloppy Joes French Fries Steamed Broccoli	CHEF'S GRILL  Herb Crusted Pork Loin Sauteed Apples Roasted Brussel Sprouts with Bacon	CHEF'S GRILL  Dakdoritang (Korean Spicy Chicken Stew) Steamed Rice Stir Fried Cabbage	CHEF'S GRILL  Basil Beef Noodle Bowl Vegetable Potstickers Grilled Zucchini	CHEF'S GRILL Orange Chicken Fried Rice Vegetable Medley
VEGGIE CAFE  BBQ Pineapple Flatbread Tofu Bhurji	VEGGIE CAFE  Mixed Berry Chia Seed Pudding with Vegan Granola Mini Pancakes	VEGGIE CAFE  Warm White Bean and Leek Salad Falafel with Herb Couscous	VEGGIE CAFE  Greek Goddess Bulgur Bowl with Harissa Hummus Vegetable Sagu Karnataka Style	VEGGIE CAFE  Vegan Polenta Tart with White Bean Spread and Charred Tomatoes Bombay Potatoes
BISTRO GARDEN  DELI BAR EVERYDAY! Tamarind and Honey Glazed Turkey	BISTRO GARDEN  Corned Beef Hash with Scrambled Eggs	BISTRO GARDEN  Grilled Pork Loin with Calabrian Orange Sauce	BISTRO GARDEN  Cider Braised Chicken	BISTRO GARDEN  West Indian Lamb Curry
MEXICAN FIESTA  Red Chile Chicken Adobada Tofu Adobo	MEXICAN FIESTA  Lamb Barbacoa Mushroom Barbacoa	MEXICAN FIESTA  Ground Beef Tacos Vegan Tempeh Taco	MEXICAN FIESTA  Green Carnitas Chilaquiles Jalapeno Poppers	MEXICAN FIESTA Beef and Cheese Burrito Cheese Tamales
CHOWDA HOUSE  Thai Garlic Fried Shrimp	CHOWDA HOUSE  Baked Salmon Rice Bowl with Togarashi	CHOWDA HOUSE  Herby Fish with Wilted Greens and Mushrooms	CHOWDA HOUSE  Grilled Swordfish with Avocado Butter	CHOWDA HOUSE  Tuna Poke Bowl with Wasabi Aioli
BURGERLAND  VEGGIE BURGER EVERYDAY! Santa Fe Grilled Chicken Sandwich	BURGERLAND  Turkey Burger with Fried Egg and Chipotle Hollandaise	BURGERLAND  Casear Saldad Crab Cake Sandwich	BURGERLAND  BLT on Baguette with Everything Bagel Cream Cheese	BURGERLAND  Green Goddess Salmon Burger
TASTE OF ITALY GLUTEN FREE PASTA EVERYDAY! Tomato Caper Sauce	TASTE OF ITALY Meat Sauce	TASTE OF ITALY Summer Squash and Basil Sauce	TASTE OF ITALY Cheese Lasagna	TASTE OF ITALY Creamy Red Pepper Pesto with Mixed Greens