

# April 7 - April 11 2025

# UPPER SCHOOL

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

Produce of the Month:

## Peas



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.



7 Monday	8 Tuesday	9 Wednesday	10 Thursday	11 Friday
<b>CHEF'S GRILL</b>	<b>CHEF'S GRILL</b>	<b>CHEF'S GRILL</b>	<b>CHEF'S GRILL</b>	<b>CHEF'S GRILL</b>
BBQ Pork Ribs Macaroni and Cheese Corn Muffins	Za'Atar Chicken Naan Wrap Roasted Potato Wedges Roasted Mushrooms	Keema Aloo Jeera Rice Garlic Naan	Teriyaki Chicken Wasabi Mashed Potatoes Ginger Broccoli	Ground Beef Stroganoff Egg Noodles Sauteed Peas
<b>VEGGIE CAFE</b>	<b>VEGGIE CAFE</b>	<b>VEGGIE CAFE</b>	<b>VEGGIE CAFE</b>	<b>VEGGIE CAFE</b>
Sesame Tahini Noodles  Baked Broccoli Cauliflower Casserole	Sheet Pan Chickpeas and Sweet Potatoes with Herby Yogurt  Khichdi	Vegan Tumeric Quinoa Power Bowl  Roasted Gnocchi and Brussel Sprouts with Meyer Lemon Vinaigrette	Artichoke and Tomato Scampi over Zoodles  Kheer	Caribbean Potato Turnover  Teriyaki Edamame Saute
<b>BISTRO GARDEN</b> DELI BAR EVERYDAY!	<b>BISTRO GARDEN</b>	<b>BISTRO GARDEN</b>	<b>BISTRO GARDEN</b>	<b>BISTRO GARDEN</b>
Chicken Marinara	Moroccan Kefta Beef Kebabs	Root Beer Braised Pulled Pork	Vietnamese Coconut Lamb	Galinhada Mineira (Brazilian Chicken and Rice)
<b>MEXICAN FIESTA</b>	<b>MEXICAN FIESTA</b>	<b>MEXICAN FIESTA</b>	<b>MEXICAN FIESTA</b>	<b>MEXICAN FIESTA</b>
Beef Enchiladas with Red Sauce  Cheese Enchiladas with Green Sauce	Lamb Birria Ramen Bowl  Tofu Sofritos	Chicken Tinga Tacos  Soyrizo Potato Tacos	Ground Beef Sopes  Bean and Cheese Sopes	Baked Mahi Mahi Taco with Mango Jicama Slaw  Chipotle Chickpea Taco
<b>CHOWDA HOUSE</b>	<b>CHOWDA HOUSE</b>	<b>CHOWDA HOUSE</b>	<b>CHOWDA HOUSE</b>	<b>CHOWDA HOUSE</b>
Lemon Pepper Shrimp Over Polenta	Crab Avocado Salad with Tortilla Chips	Ligurian Fish Stew	Scallop Asparagus Risotto	Haddock Citrine
<b>BURGERLAND</b> VEGGIE BURGER EVERYDAY!	<b>BURGERLAND</b>	<b>BURGERLAND</b>	<b>BURGERLAND</b>	<b>BURGERLAND</b>
Double Cheeseburger	Italian Sausage Sandwich with Marinara Sauce	Salmon Burger with Lemon Caper Mayo	BBQ Turkey Bacon Burger with Onion Rings	Crispy Chicken Po'Boy
<b>TASTE OF ITALY</b> GLUTEN FREE PASTA EVERYDAY!	<b>TASTE OF ITALY</b>	<b>TASTE OF ITALY</b>	<b>TASTE OF ITALY</b>	<b>TASTE OF ITALY</b>
Antipasto Tomato Sauce	Broccoli Basil Pesto Sauce	Spicy Tuscan Chicken Pasta	Jalapeno Cheddar Sauce	Creamy Three Cheese Alfredo