

# March 17 - March 21 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 

17 Monday	18 Tuesday	19 Wednesday	20 Thursday	21 Friday
<b>CHEF'S GRILL</b> Country Fried Steak Garlic Mashed Potatoes Roasted Button Mushrooms	<b>CHEF'S GRILL</b> Buffalo Chicken Meatballs Ranch Macaroni and Cheese Glazed Baby Carrots	<b>CHEF'S GRILL</b>  Roast Turkey with Cilantro Lime Sauce Sweet Potato Hash Grilled Corn on the Cob	<b>CHEF'S GRILL</b>  Saffron Chicken Barberry Rice Roasted Za'atar Zucchini	<b>CHEF'S GRILL</b>  Greek Style Pork Sundried Tomato Couscous Roasted Vegetable Medley
<b>VEGGIE CAFE</b>  Korean Style Veggie Dog  Baked Corn Casserole with Spinach and Chilis	<b>VEGGIE CAFE</b>  Dan Dan Noodles  Plant Based Poke Bowl	<b>VEGGIE CAFE</b>  Creamy French Lentils with Mushrooms and Kale  Shahi Paneer	<b>VEGGIE CAFE</b>  Kookoo Sabzi  Ash-e Resteh	<b>VEGGIE CAFE</b>  Huli Huli Tofu  Vegetarian Loco Moco
<b>BISTRO GARDEN</b>  <b>DELI BAR EVERYDAY!</b>  Chicken Cacciatore	<b>BISTRO GARDEN</b>   Basil Pesto Pork Loin	<b>BISTRO GARDEN</b>   Creole Shrimp Boil with Corn, Potatoes, and Andouille	<b>BISTRO GARDEN</b>   Ghormeh Sabzi (Persian Beef Stew)	<b>BISTRO GARDEN</b>   Mediterranean Turkey Stuffed Peppers
<b>MEXICAN FIESTA</b>  Pork Chops a la Mexicana  Green Spaghetti (Espagueti Verde)	<b>MEXICAN FIESTA</b>  Cuban Carne con Papas  Salsa Verde Wet Burrito	<b>MEXICAN FIESTA</b>  Chicken al Diablo  Patatas Bravas	<b>MEXICAN FIESTA</b>  Lamb with Chimichurri  Traditional Spanish Pisto	<b>MEXICAN FIESTA</b>  Chicken Quesadilla  Mushroom Quesadilla
<b>CHOWDA HOUSE</b>  Spicy Mussels with Lemongrass and Ginger	<b>CHOWDA HOUSE</b> Salt and Pepper Clam Strips	<b>CHOWDA HOUSE</b>  Baked Fish with Cajun Crab Pontchartrain Sauce	<b>CHOWDA HOUSE</b>  Walnut and Herb Stuffed White Fish with Rice	<b>CHOWDA HOUSE</b>  Indian Coconut Salmon Curry
<b>BURGERLAND</b>  <b>VEGGIE BURGER EVERYDAY!</b> Turkey Corndog	<b>BURGERLAND</b>  BBQ Chicken Sandwich with Crispy Pickles	<b>BURGERLAND</b>  Hot Turkey Sandwich with Cranberry Aioli and Arugula	<b>BURGERLAND</b>  Sandevich-e Kalbas (Mortadella with Vegetables and Herbs)	<b>BURGERLAND</b>  Fried Fish with Tomatillo Salsa and Pickled Onions
<b>TASTE OF ITALY</b> <b>GLUTEN FREE PASTA EVERYDAY!</b> Mushroom Basil Marinara Sauce	<b>TASTE OF ITALY</b> Smoky Chipotle Pesto	<b>TASTE OF ITALY</b> Beef Cannelloni with Spicy Tomato Herb Sauce	<b>TASTE OF ITALY</b> Vegetarian Puttanesca	<b>TASTE OF ITALY</b> Baked White Pasta