

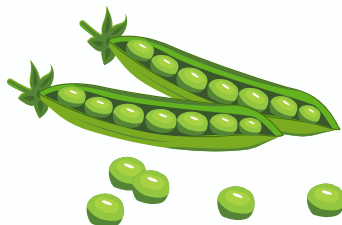
April 29 - May 3 2024

UPPER SCHOOL

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

Produce of the Month:

Peas



Did you know one of Thomas Jefferson's favorite vegetables was the English Pea? He planted more than 30 varieties in his garden at Monticello. Try snap peas, green peas or snow peas this month.

Gluten Free
Options Upon
Request



Vegetarian



Produce of
the Month



29 Monday	30 Tuesday	1 Wednesday	2 Thursday	3 Friday
CHEF'S GRILL	CHEF'S GRILL	CHEF'S GRILL	CHEF'S GRILL	CHEF'S GRILL
Garlic Parmesan Chicken Skewers Mashed Potatoes Roasted Mushrooms	Korean Glazed Turkey Miso Sweet Potatoes Sesame Green Beans	Ropa Vieja Yellow Rice Black Beans Sweet Plantains	Yellow Chicken Curry Steamed Rice Warm Naan	Roasted Pork Sauteed Apples Roasted Brussel Sprouts
VEGGIE CAFE Cold Sesame Noodle with Broccoli and Kale Vadouvan Roasted Cauliflower	VEGGIE CAFE Grilled Avocado with Chickpea Tahini Salad Battered Mushrooms	VEGGIE CAFE Greek Sheet Pan Dinner with Pita Eggplant Pachadi	VEGGIE CAFE Impossible American Chop Suey Roasted Carrot and Black Quinoa Salad	VEGGIE CAFE Cuban Sweet Potato Picadillo Moroccan Chickpea Tagine
BISTRO GARDEN DELI BAR EVERYDAY! Yogurt Marinated Pork Loin	BISTRO GARDEN Filipino Beef Mechado	BISTRO GARDEN Buffalo Chicken Meatloaf	BISTRO GARDEN Chinese Cumin Lamb	BISTRO GARDEN Moroccan Beef Tagine
MEXICAN FIESTA Beef Soft Tacos Impossible Salpicon	MEXICAN FIESTA El Polo Loco Chile Rellenos	MEXICAN FIESTA Mushroom Quesdailles	MEXICAN FIESTA Assorted Tamales	MEXICAN FIESTA Chicken Taquitos Tofu Sofritas Tacos
CHOWDA HOUSE Crispy Shrimp Salad	CHOWDA HOUSE Sumac Baked Fish with Saffron Quinoa	CHOWDA HOUSE Crab Linguini with Garlic Butter Sauce	CHOWDA HOUSE Louisiana Catfish with Grits and Greens	CHOWDA HOUSE Goan Fish Curry
BURGERLAND VEGGIE BURGER EVERYDAY! Salmon Burger with Greek Yogurt Slaw	BURGERLAND Fried Chicken with Hoison Aioli	BURGERLAND Bombay Masala Chile Cheese Toasty	BURGERLAND Spicy Egg Sandwich with Turkey Sausage and Pickled Peppers	BURGERLAND Chef's Choice
TASTE OF ITALY Balsamic Pork Ragu with Basil	TASTE OF ITALY Mushroom Marsala Ragu	TASTE OF ITALY Chipotle Pesto	TASTE OF ITALY Baked Tortellini	TASTE OF ITALY Pumpkin Sausage Cream Sauce