

# March 18- March 22

## 2024



## UPPER SCHOOL

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

Vegetarian Option: Gluten Free Option Available: Produce of the Month:

### 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 regiments.



18 Monday	19 Tuesday	20 Wednesday	21 Thursday	22 Friday
<b>CHEF'S GRILL</b> Irish Lamb Stew Buttermilk Biscuits	<b>CHEF'S GRILL</b> Huli Huli Chicken Pineapple Fried Rice Roasted Broccoli	<b>CHEF'S GRILL</b> Beef Stroganoff Egg Noodles Sautéed Peas and Carrots	<b>CHEF'S GRILL</b> Chicken Divan Garlic Mashed Potatoes Rustic Dinner Rolls	<b>CHEF'S GRILL</b> Thai Style Pork Loin Cilantro Lime Sweet Potatoes Vegetable Medley
<b>VEGGIE CAFÉ</b> Zucchini Lasagna  Colcannon	<b>VEGGIE CAFÉ</b> Moroccan Carrot Salad with Couscous and Greek Yogurt  Halloumi with Corn, Cherry Tomatoes and Basil	<b>VEGGIE CAFÉ</b> Tofu a la King  Grilled Vegetable Succotash	<b>VEGGIE CAFÉ</b> Winter Vegetable Mulligatawny Soup  Brussel Sprout Casserole	<b>VEGGIE CAFÉ</b> Edamame and Bok Choy Rice Bowl  Mushroom Masala Curry
<b>BISTRO GARDEN</b> <b>Deli Bar Served Daily</b> CARVING STATION Corned Beef and Cabbage with Irish Soda Bread	<b>BISTRO GARDEN</b> <b>Deli Bar Served Daily</b> CARVING STATION Creole Smothered Pork Chops	<b>BISTRO GARDEN</b> <b>Deli Bar Served Daily</b> CARVING STATION Braised Chicken With Fall Vegetables	<b>BISTRO GARDEN</b> <b>Deli Bar Served Daily</b> CARVING STATION Roast Leg of Lamb with Sweet and Sour Shallot Jam	<b>BISTRO GARDEN</b> <b>Deli Bar Served Daily</b> CARVING STATION Lavender Honey Turkey
<b>MEXICAN FIESTA</b> Bacon, Egg, and Cheese Tacos  Egg, Potato, and Cheese Tacos	<b>MEXICAN FIESTA</b> Carne en Su Jugo  Zucchini and Corn in Poblano Sauce	<b>MEXICAN FIESTA</b> Southwest Veggie Quesadillas	<b>MEXICAN FIESTA</b> Carnitas Burrito Bowl Chipotle Lime  Cauliflower Burrito Bowl	<b>MEXICAN FIESTA</b> Grilled Achiote Chicken  Cheese Taquitos
<b>CHOWDA HOUSE</b> Buttery Shrimp with Peas and Potatoes	<b>CHOWDA HOUSE</b> Peruvian Style Mahi Mahi with Coconut Rice	<b>CHOWDA HOUSE</b> Island Curry Rockfish with Hot Pineapple Salsa	<b>CHOWDA HOUSE</b> Cornmeal Crusted Catfish with Cajun Remoulade	<b>CHOWDA HOUSE</b> General Tso's Calamari
<b>BURGERLAND</b> <u>Veggie Burger Served Daily</u> Ham Caprese Melt with Pesto	<b>BURGERLAND</b> Old Bay Cod Sandwich with Crispy Onions	<b>BURGERLAND</b> Kentucky Hot Brown	<b>BURGERLAND</b> Brown Sugar BBQ Chicken Sandwich	<b>BURGERLAND</b> Chef's Choice
<b>TASTE OF ITALY</b> <u>Gluten Free Available Daily</u> Tuscan Artichoke Pesto	<b>TASTE OF ITALY</b> Taco Shells and Cheese	<b>TASTE OF ITALY</b> Kale, Sausage, and Pepper Pasta	<b>TASTE OF ITALY</b> Fra Diavolo	<b>TASTE OF ITALY</b> Lemon Parsley Pasta