

October 20 - October 24

2025

UPPER SCHOOL

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

Produce of the Month:

Pumpkin



Although we often think of pumpkins as vegetables, they're actually fruits! Pumpkins, along with cucumbers, tomatoes, and avocados, come from the flowers of their plants. That makes them all fruits.

Gluten Free
Options Upon
Request



Vegetarian



Produce of
the Month



20	Monday	21	Tuesday	22	Wednesday	23	Thursday	24	Friday
<div>CHEF'S GRILL </div> <div>Chicken Tikka Masala Steamed Basmati Rice Spiced Cauliflower</div>	<div>CHEF'S GRILL </div> <div>Cajun Turkey Roasted Sweet Potato Green Bean Casserole</div>	<div>CHEF'S GRILL </div> <div>Korean BBQ Pork Wasabi Mashed Potatoes Potstickers</div>	<div>CHEF'S GRILL </div> <div>Chicken Piccata Egg Noodles Vegetable Medley</div>	<div>CHEF'S GRILL </div> <div>Loco Moco Steamed Rice Bok Choy</div>					
<div>VEGGIE CAFE </div> <div>Dal Makhani Vegetable Biryani Potato Samosas</div>	<div>VEGGIE CAFE </div> <div>Vegan Mushroom Etouffee Vegan Red Beans and Rice</div>	<div>VEGGIE CAFE </div> <div>Berry and Oat Crisp Vegetable Omelet</div>	<div>VEGGIE CAFE </div> <div>Vegan Zha Jiang Mian Thai Vegetable Potstickers</div>	<div>VEGGIE CAFE </div> <div>Adasi Chilled Tofu with Gochujang Sauce</div>					
<div>BISTRO GARDEN </div> <div>DELI BAR EVERYDAY!</div> <div>Lamb Rogan Josh</div>	<div>BISTRO GARDEN </div> <div>Moroccan Braised Brisket with Dried Fruit</div>	<div>BISTRO GARDEN </div> <div>Skillet Chicken Thighs with Schmaltzy Tomatoes</div>	<div>BISTRO GARDEN </div> <div>Cajun Gumbo with Steamed Rice</div>	<div>BISTRO GARDEN </div> <div>Roasted Pork Loin with Grapes</div>					
<div>MEXICAN FIESTA </div> <div>Huevos Rancheros with Chorizo Huevos Rancheros</div>	<div>MEXICAN FIESTA </div> <div>Chicken Asado Tacos Jackfruit Tacos</div>	<div>MEXICAN FIESTA </div> <div>Ground Beef Gorditas Bean and Cheese Gordiatas</div>	<div>MEXICAN FIESTA </div> <div>Pork Chops a la Mexicana Black Bean and Corn Stuffed Sweet Potato</div>	<div>MEXICAN FIESTA </div> <div>Cilantro Lime Chicken Esquites</div>					
<div>CHOWDA HOUSE </div> <div>Spicy Andhra Shrimp Stir Fry with Fennel</div>	<div>CHOWDA HOUSE </div> <div>Miso Butter Haddock over Sauteed Bok Choy</div>	<div>CHOWDA HOUSE </div> <div>Creamy Tuscan Salmon with Orzo</div>	<div>CHOWDA HOUSE </div> <div>Baked Tamarind Fish</div>	<div>CHOWDA HOUSE </div> <div>Crispy Shrimp and Cheesy Grits</div>					
<div>BURGERLAND </div> <div>VEGGIE BURGER EVERYDAY!</div> <div>Keema Aloo Sloppy Joe</div>	<div>BURGERLAND </div> <div>Santa Fe Grilled Chicken Sandwich</div>	<div>BURGERLAND </div> <div>Crab Cake with Dill Horseradish Sauce</div>	<div>BURGERLAND </div> <div>Shaved Pork Loin with Caramelized Onions and Mozzarella</div>	<div>BURGERLAND </div> <div>Buffalo Chicken Salad with Ranch Drizzle</div>					
<div>TASTE OF ITALY </div> <div>GLUTEN FREE PASTA EVERYDAY!</div> <div>Curried Butternut Squash Alfredo</div>	<div>TASTE OF ITALY </div> <div>Miso Marinara Sauce</div>	<div>TASTE OF ITALY </div> <div>Three Cheese Manicotti</div>	<div>TASTE OF ITALY </div> <div>Pasta e Fagioli</div>	<div>TASTE OF ITALY </div> <div>Hatch Green Chile Alfredo</div>					