

February 2 - February 6

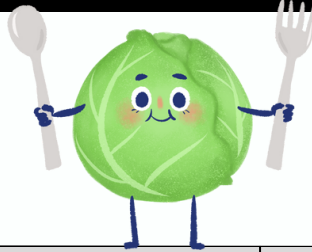
2026

UPPER SCHOOL

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

Produce of the Month:

Cabbage



All cabbages and its relatives come from the wild Brassica oleracea plant. This large group contains head cabbage, broccoli, cauliflower, kale, Brussels sprouts, and kohlrabi.



2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday
CHEF'S GRILL gf Soy Ginger Turkey Wasabi Mashed Potato Sesame Garlic Zucchini	CHEF'S GRILL gf Pork Vindaloo Jeera Rice Roasted Cauliflower	CHEF'S GRILL gf Harissa Chicken Coconut Rice Sauteed Kale	CHEF'S GRILL gf Shredded BBQ Beef Street Corn Polenta Roasted Mushrooms	CHEF'S GRILL Chicken Pot Pie Buttermilk Biscuits
VEGGIE CAFE gf Pani Puri Mushroom Matar Curry	VEGGIE CAFE gf Za'atar Crusted Eggplant with Green Tahini Butter Paneer Masala	VEGGIE CAFE gf Vegan Pesto Quinoa and White Bean Bake with Spring Vegetables Veggie Tenders	VEGGIE CAFE gf BBQ Chipotle Lentil Burrito Bowl Vegan Minestrone Soup	VEGGIE CAFE gf Mushroom Philly Cheese Steak Char Siu Tofu with Rice
BISTRO GARDEN gf DELI BAR EVERYDAY! Classic Shepherd's Pie	BISTRO GARDEN gf Cacio e Pepe Chicken	BISTRO GARDEN gf Ancho Rubbed Spiral Ham with Brussels and Squash	BISTRO GARDEN gf Peruvian Roast Turkey with Green Sauce	BISTRO GARDEN gf Nikujaga (Japanese Beef and Potato Stew)
MEXICAN FIESTA gf Chicken Mole Poblano Cheese Enchiladas	MEXICAN FIESTA gf Vegetarian Huevos Montulenos	MEXICAN FIESTA gf Beef Barbacoa Plantain and Black Bean Taco	MEXICAN FIESTA gf Al Pastor Tostadas Tofu Al Pastor Tostadas	MEXICAN FIESTA Chile Lime Camarones Empanizados Esquites
CHOWDA HOUSE gf Shrimp and Broccoli in Garlic Sauce	CHOWDA HOUSE gf Cá Kho Tô (Vietnamese Braised Fish)	CHOWDA HOUSE Haddock Polanaise	CHOWDA HOUSE gf California Sushi Bake	CHOWDA HOUSE gf Fijian Coconut Fish over Rice
BURGERLAND gf VEGGIE BURGER EVERYDAY! Blue Cheese and Bacon Hot Dog with Crispy Onions	BURGERLAND gf Pulled Pork and Cheddar Melt	BURGERLAND gf Honey Sriracha Grilled Chicken Sandwich	BURGERLAND gf Turkey Burger with Havarti and Pickles	BURGERLAND gf Fish Sandwich with Cilantro Chutney and Indian Slaw
TASTE OF ITALY GLUTEN FREE PASTA EVERYDAY! Cherry Pepper Marinara	TASTE OF ITALY Mushroom Caper Picatta	TASTE OF ITALY Kale, Tomato, and Lemon Alfredo	TASTE OF ITALY Fennel Tomato Sauce	TASTE OF ITALY Creamy Chipotle Pesto