

April 27 - May 1

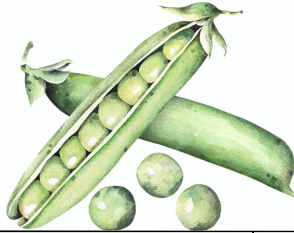
2026

UPPER SCHOOL

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

Produce of the Month:

Peas



Cucumbers originate from south East Asia. They can be up to 2 foot long! China produces 76% of cucumber and gherkin production in the world. A raw cucumber is actually 95% water. They can cool the body and the blood, which gave rise to the phrase 'cool as a cucumber'.

Gluten Free
Options Upon
Request



Vegetarian



Produce of
the Month



27 Monday	28 Tuesday	29 Wednesday	30 Thursday	1 Friday
CHEF'S GRILL BBQ Chicken Scalloped Potatoes Hush Puppies Sauteed Corn	CHEF'S GRILL Pomegranate Glazed Pork Chops Dried Cherry Saffron Rice Brussel Sprouts	CHEF'S GRILL Crispy Chicken Parmesan Angel Hair Pasta Broccolini	CHEF'S GRILL Beef Strognaoff Garlic and Herb Mashed Potatoes Mixed Vegetables	CHEF'S GRILL Roasted Chicken with Cilantro Mint Chutney Couscous Vegetable Medley
VEGGIE CAFE Roasted Carrot and Red Pepper Hummus Flatbread Keralan Cabbage Thoran	VEGGIE CAFE Vegan Chili in a Bread Bowl Potato Rosti with Roasted Mushrooms	VEGGIE CAFE Steamed Artichoke Battered Corn Nuggets with Roasted Jalapeno Aioli	VEGGIE CAFE Pesto Vegetable Pasta Harissa Roasted Eggplant with Fried Capers	VEGGIE CAFE Beans Poriyal with Roti Saag Paneer
BISTRO GARDEN DELI BAR EVERYDAY! Shakshuka Style Cod with Crusty Bread	BISTRO GARDEN Hunan Beef Stir Fry	BISTRO GARDEN Bacon Cheeseburger Meatloaf	BISTRO GARDEN Pollo al Lambrusco	BISTRO GARDEN Balsamic Pork Medallions with Capers
MEXICAN FIESTA Lamb Barbacoa Taco Nopales Tacos	MEXICAN FIESTA Crispy Chicken Taco Salad Vegetarian Taco Salad	MEXICAN FIESTA Pork Chile Verde Mexican Style Quiche	MEXICAN FIESTA Oaxacan Chile Rubbed Turkey Bean and Cheese Chimichanga	MEXICAN FIESTA Beef Fajitas Vegan Fajitas
CHOWDA HOUSE Vietnamese Steamed Clams in Ginger Broth	CHOWDA HOUSE Seafood Lo Mein	CHOWDA HOUSE Konkani Catfish Kadi with Steamed Rice	CHOWDA HOUSE Shrimp Shu Mai with Dipping Sauce	CHOWDA HOUSE Honey Jalapeno Salmon
BURGERLAND VEGGIE BURGER EVERYDAY! Turkey and Pepper Jack with Roasted Pepper Relish	BURGERLAND Pastrami Reuben Dog	BURGERLAND Chicken Slider with Honey Mustard and Pickles	BURGERLAND Baked Haddock with Grilled Pineapple and Avocado Dressing	BURGERLAND Grilled Pork with Fennel Apple Slaw and Honey
TASTE OF ITALY GLUTEN FREE PASTA EVERYDAY! Cheese Lasagna	TASTE OF ITALY Creamy Gorgonzola and Chive Sauce	TASTE OF ITALY Pasta Pepperonata	TASTE OF ITALY Pepperoni Pizza Mac and Cheese	TASTE OF ITALY Gnocchi Primavera