

# May 4 - May 8

## 2026

## UPPER SCHOOL

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

Produce of the Month:

# Berries



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



4 Monday	5 Tuesday	6 Wednesday	7 Thursday	8 Friday
<b>CHEF'S GRILL</b>  Loco Moco Steamed Rice Sesame Green Beans Macaroni Salad	<b>CHEF'S GRILL</b>  Chicken Mole Mexican Rice Zucchini a la Mexicana	<b>CHEF'S GRILL</b>  Sausage and Peppers Cheesy Polenta Garlic Breadsticks	<b>CHEF'S GRILL</b>  Creamy Cajun Chicken Egg Noodles Vegetable Medley	<b>CHEF'S GRILL</b>  Onion Braised Brisket Roasted Potatoes Asparagus
<b>VEGGIE CAFE</b>  Butter Paneer Aloo Biryani	<b>VEGGIE CAFE</b>  Butternut Squash and Black Bean Enchilada Skillet Tofu Sofritas	<b>VEGGIE CAFE</b>  Mediterranean Socca with Blistered Tomatoes and Goat Cheese Warm Mediterranean Farro Salad	<b>VEGGIE CAFE</b>  Gobi Manchurian South Indian Puli Kuzhambu	<b>VEGGIE CAFE</b>  Jamaican Ital Stew Chickpea Panisse
<b>BISTRO GARDEN</b>  <small>DELI BAR EVERYDAY!</small> Poulet à l'estragon (Tarragon Chicken)	<b>BISTRO GARDEN</b>  Asado de Puerco (Red Chili Pork Stew)	<b>BISTRO GARDEN</b>  Veracruz Style Fish	<b>BISTRO GARDEN</b> Beef and Mushroom Stromboli	<b>BISTRO GARDEN</b>  Three Cup Chicken
<b>MEXICAN FIESTA</b>  Ground Lamb Tostada with Pineapple Salsa Vegetarian Tostada	<b>MEXICAN FIESTA</b>  Chile Colorado Tofu Rancheros	<b>MEXICAN FIESTA</b>  Chicken Tinga Sopes Soyrizo Sopes	<b>MEXICAN FIESTA</b>  Al Pastor Tacos Jalapeno Popper Tacos	<b>MEXICAN FIESTA</b> Wet Breakfast Burrito
<b>CHOWDA HOUSE</b>  German Pannfish With Fried Potatoes and Mustard Sauce	<b>CHOWDA HOUSE</b>  Caldo de Mariscos	<b>CHOWDA HOUSE</b>  Crab Rangoon Dip with Wonton Chips	<b>CHOWDA HOUSE</b> Pan Fried Fish with Koh Kong Sauce	<b>CHOWDA HOUSE</b>  Tom Rim (Caramelized Braised Shrimp)
<b>BURGERLAND</b>  <small>VEGGIE BURGER EVERYDAY!</small> Parisian Salmon Burger	<b>BURGERLAND</b>  Lemon and Herb Chicken with Sautéed Mushrooms	<b>BURGERLAND</b>  The BBQ Hot Dog with Crispy Onions	<b>BURGERLAND</b>  Buffalo Turkey Burger with Blue Cheese	<b>BURGERLAND</b>  Caprese Tuna Melt with Pesto
<b>TASTE OF ITALY</b>  <small>GLUTEN FREE PASTA EVERYDAY!</small> Roasted Vegetable Basil Pesto	<b>TASTE OF ITALY</b> Chipotle Cream Sauce	<b>TASTE OF ITALY</b> Parmesan Garlic Tomato Sauce	<b>TASTE OF ITALY</b> Butternut Squash and Broccoli Alfredo	<b>TASTE OF ITALY</b> Mozzarella Sticks with Marinara