

SAMPLE MENU

2015



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: kiwi

Originally discovered in China, kiwi was considered a delicacy due to its emerald green color and unique flavor. By the later 1960's, California began producing its own kiwi fruit. Currently, there are around 300 kiwi fruit growers in California, with an average of 13 acres on each farm. California produces 98% of the Kiwi grown in the United States! Kiwi is harvested in late fall and available to consumers during the winter months. Research has found kiwi's to be among the most nutrient dense of all the major fruits, having more Vitamin C than an orange and more potassium than a banana. In 1992, kiwi was claimed to be one of the top ten most nutritious foods.



Monday	Tuesday	Wednesday	Thursday	Friday
INTERNATIONAL GRILL Shrimp Scampi Herb Angel Hair Pasta Steamed Asparagus	INTERNATIONAL GRILL Lamb in Tomato Curry Grilled Garlic Naan Honey Roasted Cauliflower	INTERNATIONAL GRILL House Made Meatloaf Garlic Mashed Potatoes Glazed Carrots	INTERNATIONAL GRILL Citrus Glazed Roast Chicken Sticky Rice Stir Fried Veggies	INTERNATIONAL GRILL Greek Beef Moussaka Dill Marinated Cucumber, Tomato & Feta Salad
VEGGIE CAFÉ Veggie Tender Scampi	VEGGIE CAFÉ Saag Paneer & Basmati Rice	VEGGIE CAFÉ Portobello Mushroom Marsala	VEGGIE CAFÉ Tofu & Veggie Stir Fry	VEGGIE CAFÉ Falafel Pita Pocket
CARVING Herb Roast Pork Loin w/ Mango Chutney	BISTRO Corned Beef & Cabbage w/ Rye Bread	CARVING Grilled Tri Tip w/ Caramelized Onions	BISTRO Bacon & Cheddar Quiche w/ Country Potatoes	CARVING Grilled Chicken Breast w/ St. Louis BBQ Sauce
FARMERS' MARKET Grilled Corn Salad Spinach & Kiwi Salad	FARMERS' MARKET Blue Cheese & Pear Wedge Salad Deviled Eggs	FARMERS' MARKET Basil Shrimp Salad Green Goddess Salad w/ Pecans & Avocado	FARMERS' MARKET Tropical Kiwi Salsa w/ Chips Roasted Tofu Thai Salad	FARMERS' MARKET Pearl Cous Cous Caprese Kale Waldorf Salad
CHOWDA HOUSE Calamari Caesar Salad Creole Fish Soup	CHOWDA HOUSE Fish Curry over Wild Rice Spicy Shrimp Bisque	CHOWDA HOUSE Shrimp Louie Salad w/ Avocado Root Veggie Chowda	CHOWDA HOUSE Crab Dip Crostinis over Salad Greens Thai Red Curry Fish Soup	CHOWDA HOUSE Tuna Salad Stuffed Tomatoes Creamy Cod Chowda
REGIONAL ITALIAN Veggie Baked Ziti	REGIONAL ITALIAN Italian Sausage & Broccoli Rabe	REGIONAL ITALIAN Gnocchi w/ Gorgonzola Cream Sauce	REGIONAL ITALIAN Meatballs in Roasted Garlic Sauce	REGIONAL ITALIAN Pesto Puff Pastry Pinwheels
FRESH MEX Chicken Enchiladas Veggie Taquitos	FRESH MEX Pork Chile Verde Cheese Quesadilla	FRESH MEX Shredded Beef Tostada Chili Cheese Tamales	FRESH MEX Pollo Loco Black Bean Soft Tacos	FRESH MEX Arroz con Shrimp Cheese Nachos
HEALTHY CHOICE Almond Joy Fresh Popped Popcorn	HEALTHY CHOICE Kiwi & Greens Fresh Squeezed Juice	HEALTHY CHOICE Loaded Broccoli Salad w/ Poppy Seed Dressing	HEALTHY CHOICE Roasted Eggplant Dip w/ Sliced Wheat Pita	HEALTHY CHOICE Banana & Kiwi Fruit Salad
CREATIVE DELI SPECIAL Fresh Veggie Platter	CREATIVE DELI SPECIAL Mini Avocado Cream Cheese Bagels	CREATIVE DELI SPECIAL Roasted Veggies w/ Pesto Sauce	CREATIVE DELI SPECIAL BBQ Pulled Pork on Slider Buns	CREATIVE DELI SPECIAL Eggplant Parmesan Platter w/ French Baguettes