

February 2018



NATIONAL
PRESBYTERIAN
SCHOOL

EVERY DAY OPTIONS

Fresh Deli Bar

Featuring Boar's Head Sliced Meats
Low Sodium • Gluten Free • Sugar & Dairy Free

Additional Every Day Items:

Tuna Salad, Chicken Salad, Egg Salad
Fresh Crisp Veggies

Market Salad Bar

Crisp Veggies and Fresh Fruits
Rotating Specialty Salads Such As:

Couscous Salad
Caesar Pasta Salad
BLT Pasta Salad

Penne Salad With Tomatoes, Basil,
Pesto, and Olive Oil

GF Pasta Available On Pasta Days

LOCALLY SOURCED FRUITS & VEGGIES

Colora Orchards, MD
C&E Farms, VA
Kirby Farms, VA
Magee Farms, DE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Cheese Tortellini Station (GF) 5 <i>Alfredo, Marinara, Or Pesto Sauce</i> Green Beans GF Garlic Bread</p>	<p>Tomato Cheddar Soup** 6 Chicken Tenders Spinach Quiche Macaroni & Cheese Steamed Broccoli GF</p>	<p>Chicken Caprese 7 Vegetable Ratatouille Steamed Brown Rice GF</p>	<p>Tomato Garden Soup GF 1 Grilled Steak Burger (GF) Black Bean Burger (GF) Kettle Chips</p>	<p>Honey Rosemary Chicken GF 2 Honey Rosemary Tofu GF Roasted Brussel Sprouts GF Chocolate Eclairs</p>
<p>Baked Potato Station (GF) 12 <i>With Assorted Toppings</i> Chili Con Carne GF Vegetarian Chili GF</p>	<p>Chicken Tortilla Soup GF 13 Fajita Station (GF) <i>Beef Or Veggie</i> <i>With Assorted Toppings</i> Cilantro Lime Rice GF</p>	<p>Spaghetti And Meatballs (GF) 14 Spaghetti And Marinara (GF) Roasted Carrots GF Breadsticks Valentines Day Cookies</p>	<p>Turkey Gumbo 8 Loaded Nacho Station (GF) <i>With Assorted Toppings</i> Turkey Chili GF Roasted Vegetable Chili GF</p>	<p>Flank Steak GF 9 Potatoes Au Gratin Stuffed Portabella Mushrooms GF Green Beans GF Cream Cheese Crumb Cake</p>
<p>19 President's Day</p>	<p>Greek Chicken Orzo Soup 20 Baked Chicken Parmesan Eggplant Parmesan Tomato Basil Mozzarella Pasta Sautéed Spinach GF</p>	<p>Scrambled Eggs GF 21 Waffles Hickory Bacon GF Pork Sausage GF Home Fries GF</p>	<p>Chipotle Sweet Potato Soup GF 22 Chicken Shawarma (GF) Vegetable Shawarma (GF) Roasted Asparagus GF</p>	<p>Beef And Broccoli 16 Vegetable Fried Rice Vegetable Spring Roll Vegetable Lo Mein Fortune Cookies</p>
<p>Caesar Salad 26 Station (GF) <i>Portobello Mushrooms or Salmon</i> Cornbread Squares</p>	<p>French Onion Soup 27 Spaghetti Carbonara (GF) Vegetable Carbonara (GF) Mixed Vegetables GF Garlic Bread</p>	<p>Pizza Station 28 <i>Pepperoni Or Cheese</i> Steamed Broccoli GF Sun Chips</p>	<p>23 Grilled Orange Chicken GF Brown Rice Portabella Medley GF Roasted Carrots GF Oreo Chunk Cookies</p>	

Vegetarian Option ** Organic

GF - Gluten Free (GF)- Can Be Gluten Free

ridgewells
CATERING