



DARIOUSH
Epicurus
FINE SCHOOL CATERING



MAY LUNCH MENU

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
April 29	April 30	01	02	03
Open Face Sandwich Pesto or Pesto Chicken Seasonal Vegetable	Pasta Bacon Sauce or Marinara Seasonal Vegetable	Grilled Sandwich Ham & Cheese or Cheese Tomato Soup Seasonal Vegetable	Teriyaki Chicken or Tofu Steamed Rice Miso Soup Seasonal Vegetable	Enchilada Turkey or Vegetarian Refried Beans Seasonal Vegetable
06	07	08	09	10
Orange Chicken or Tofu Steamed Rice Seasonal Vegetable	Lasagna Meat or Vegetarian Seasonal Vegetable	Quesadilla Turkey or Cheese Black Beans Seasonal Vegetable	Burger Beef or Black Bean Roasted Potatoes Seasonal Vegetable	From the Grill Chicken or Tofu Buttered Pasta Seasonal Vegetable
13	14	15	16	17
Sandwich Pulled Turkey or Bean Spread & Avocado Seasonal Vegetable	Tostada Beef or Bean & Cheese Refried Beans Seasonal Vegetable	Pesto Pasta Chicken or Pesto Caesar Salad Seasonal Vegetable	Chile Verde Pork or Beans Corn Bread Seasonal Vegetable	Chow Mein Garlic Beef or Vegetarian Garlic Broccoli
20	21	22	23	24
Mac & Cheese with optional Bacon Kale Caesar Salad Seasonal Vegetable	Soft Tacos Grilled Beef or Bean & Cheese Mexican Rice Seasonal Vegetable	Fried Rice Roasted Chicken or Tofu Seasonal Vegetable	Sub Sandwich Italian Meatball or Veggie Seasonal Vegetable	Pizza Pepperoni or Cheese Seasonal Vegetable
27	28	29	30	31
Memorial Day - No School -	Pasta Bolognese or Marinara Seasonal Vegetable	BBQ Chicken Wings or Tofu Tomato Rice Seasonal Vegetable	Hot Dog Beef or Veggie Roasted Potatoes Seasonal Vegetable	Burrito Chicken or Bean & Cheese Roasted Tomato Salsa Seasonal Vegetable

Available daily:

Organic Yogurt, Organic Seasonal Fresh Fruit; Chicken Soup and Vegetarian Soup;
Salad Bar with Seasonal Organic Veggies, Seeds, Legumes, Tofu and House-made Chicken Salad, or Tuna Salad
Daily Sandwich with Zoe's Turkey or Ham, and Organic Sprouted Whole Wheat Bread

*Our ingredients are sourced from organic, local, and sustainable producers whenever possible.
 Proteins are mainly sourced from Marin Sun Farms, Zoe's Meats, Mary's Chickens, and Dairy from Clover & Strauss*

Vegetarian option is always available; Gluten-Free and Dairy-Free available through advance request