

# Bon Appétit! The FRidge Welcome Back!

## September - 2019

Mon	Tue	Wed	Thu	Fri
<p>September 2, 2019</p> <p><b>School Closed</b></p> <p><b>LABOR DAY</b></p> 	<p>September 3, 2019</p> <p><b>Soft Shell Tacos</b></p> <p>Soup – Green Chile and Chicken</p> <p>Whole Wheat, Corn or White Tortilla Shell with Choice of Grilled Chicken, Ground Beef, Roasted Veggies, Refried Beans or Roasted Vegetables. Served with Chef Prepared Guacamole, Sour Cream, Salsa, Cheddar and Monterey Jack Cheeses</p> <p><b>*Made to order Fish Tacos!!!</b> Dessert – Chefs Choice Cake <b>*All School Convocation</b></p>	<p>September 4, 2019</p> <p><b>Pizza, Pizza, Pizza!</b></p> <p>Soup – Chicken Barley</p> <p>Choice of "Romio's" Cheese, Hawaiian, Chicken Alfredo, Veggie or Pepperoni. Two slices per person.</p> <p>Served with Green Salad <b>*Gluten Free Pizza Available</b></p> <p>Dessert — Chefs Choice <b>*Back to School Picnic</b></p> 	<p>September 5, 2019</p> <p><b>Asian Cuisine Day</b></p> <p>Soup – Won Ton</p> <p>Soya Chicken Drumsticks, Sushi Rice and Toppings, Pork Buns, Jasmine Rice, Asian Cabbage Salad, Sautéed Fresh Greens, Sweet Kernel Corn, Steamed Sweet Buns and Fortune Cookies.</p> <p>Dessert – Chefs Choice</p> 	<p>September 6, 2019</p> <p><b>Fish Fry Day</b></p> <p>Soup – New England Style Clam Chowder</p> <p>Choice of Alaskan Pesto Salmon or Roasted Chicken Drumsticks, Breaded and Baked Cod Filet and Popcorn Shrimp.</p> <p>Served with Fresh Lemon, Tartar Sauce and Choice of French Fries or Tossed Caesar Salad</p> <p><b>Dessert — Chewy Goopy Cookies</b></p>
<p>September 9, 2019</p> <p><b>Italian Cuisine</b></p> <p>Soup – Chefs Choice</p> <p>Cheese Tortellini and assorted Pasta Tossed and with Olive Oil and Sea Salt</p> <p>Served with Vegetable Marinara Sauce, Chicken Pesto. Served with Freshly Baked Garlic Bread and Plenty of Cheese!</p> <p>Dessert – Chefs Choice</p>	<p>September 10, 2019</p> <p><b>South of the Border Buffet</b></p> <p>Soup—Chicken Noodle Soup</p> <p>Soft Wheat, White and Corn Tortillas and Chips with Ground Beef, Grilled Chicken Breast, Roasted Vegetables, Spanish Rice, Veg. Refried Beans, Lettuce, Tomatoes, Salsa, Sour Cream, Tortilla Chips, Shredded Cheese and Chef Prepared Guacamole.</p> <p>Dessert — Chefs Choice Cake</p> 	<p>September 11, 2019</p> <p><b>New Country Buffet</b></p> <p>Soup — Chicken Noodle</p> <p>Roasted Herb Chicken, Roast Pork Loin, Mashed Potatoes, Chicken Gravy, Fresh Steamed Vegetables, Kernel Corn, Freshly Baked Dinner Rolls and Butter.</p> <p>Served with Tossed Garden Green Salad, and Hot Cross Buns</p> <p>Dessert – Chefs Choice</p>	<p>September 12, 2019</p> <p><b>Pita Caesar Salad</b></p> <p>Soup – Roast Tomato</p> <p>Freshly Baked Garlic Pita Bread topped with Tossed Caesar Salad and Choice of Grilled "N/E" Chicken Breast or Roasted Vegetables.</p> <p>Served with Watermelon Wedges.</p> <p>Dessert – Chefs Choice</p> 	<p>September 13, 2019</p> <p><b>Fish Fry Day</b></p> <p>Soup – New England Style Clam Chowder</p> <p>Choice of Wild Alaskan Pesto Salmon or Roasted Chicken Drumsticks, Breaded and Baked Cod Filet and Popcorn Shrimp.</p> <p>Served with Fresh Lemon, Tartar Sauce and Choice of French Fries or Tossed Caesar Salad</p> <p><b>Dessert — Chewy Goopy Cookies</b></p>
<p>September 16, 2019</p> <p><b>Avocado Day</b></p> <p>Soup—Chef's Choice</p> <p><b>Menu TBA!</b></p> 	<p>September 17, 2019</p> <p><b>Quesadillas</b></p> <p>Soup – Black Bean and Bacon</p> <p>Grilled Tortillas with Shredded Cheese &amp; Choice of Grilled "N/E" Chicken Breast, Steak, Roasted Pork and Cheese with Roasted Vegetables, Spanish Rice and Tortilla Chips. Served with Sour Cream, Guacamole and Salsa</p> <p>Dessert – Tres Leches Cake</p> 	<p>September 18, 2019</p> <p><b>Italian Cuisine</b></p> <p>Soup – Chefs Choice</p> <p>Assorted Pasta Tossed with Olive Oil and Sea Salt</p> <p>Vegetable Marinara Sauce, Pesto Chicken Pesto, Beef Meatballs. Served with Garlic Bread and Plenty of Cheese!</p> <p>Dessert – Chefs Choice</p>	<p>September 19, 2019</p> <p><b>Pho Bar</b></p>  <p><b>Special Vietnamese Sandwiches (Banh Mi)</b></p> 	<p>September 20, 2019</p> <p><b>Fish Fry Day</b></p> <p>Soup – New England Style Clam Chowder</p> <p>Choice of Wild Alaskan Pesto Salmon or Roasted Chicken Drumsticks, Breaded and Baked Cod Filet and Popcorn Shrimp.</p> <p>Served with Specialty Breads, Fresh Lemon, Tartar Sauce and Choice of French Fries or Tossed Caesar Salad</p> <p><b>Dessert — Chewy Goopy Cookies</b></p>
<p>September 23, 2019</p> <p><b>Create-a-Sandwich &amp; Potato Bar</b></p> <p>Soup—Roast Tomato</p> <p>Diestle Turkey, Smoked Ham, Bacon Roasted Veggies, Avocados and Cheese with Assorted Freshly Baked Breads, Pasta Bake, and Condiments served with Assorted Specialty Salads and Potato Chips.</p> <p><b>*Gluten Free Bread Available</b></p> <p>Dessert – Chefs Choice</p>	<p>September 24, 2019</p> <p><b>Soft Shell Tacos</b></p> <p>Soup – Green Chile and Chicken</p> <p>Whole Wheat, Corn or White Tortilla Shell with Choice of Grilled Chicken, Ground Beef, Roasted Veggies, Refried Beans or Roasted Vegetables. Served with Chef Prepared Guacamole, Sour Cream, Salsa, Cheddar and Monterey Jack Cheeses</p> <p>Dessert – Chefs Choice Cake</p> 	<p>September 25, 2019</p> <p><b>Peruvian Cuisine Day</b></p> <p>Soup—Aguadito de Pollo</p> <p>Special Cuisine Day Menu TBA!</p> 	<p>September 26, 2019</p> <p><b>Burgs, Bocas and Dogs</b></p> <p>Soup – Chili Con Carne</p> <p>All Beef Hamburger, Beef Hotdog or Vegetarian Boca Burger with Grilled Onions and Mushrooms. Served on Freshly Baked Buns with Tomatoes, Lettuce, Grilled Onions, Bacon and assorted Condiments.</p> <p>Dessert — Chefs Choice</p> 	<p>September 27, 2019</p> <p><b>Fish Fry Day</b></p> <p>Soup – New England Style Clam Chowder</p> <p>Choice of Wild Alaskan Pesto Salmon or Roasted Chicken Drumsticks, Breaded and Baked Cod Filet and Popcorn Shrimp.</p> <p>Served with Fresh Lemon, Tartar Sauce and Choice of French Fries or Tossed Caesar Salad</p> <p><b>Dessert — Chewy Goopy Cookies</b></p>
<p>September 30, 2019</p> <p><b>Italian Cuisine</b></p> <p>Soup – Chefs Choice</p> <p>Vegetable Lasagna, Assorted Pasta Tossed with Olive Oil and Sea Salt, Vegetable Marinara Sauce, Pesto Chicken Pesto, Beef Meatballs. Served with Garlic Bread and Plenty of Cheese!</p> <p>Dessert – Chefs Choice</p>	<p>October 1, 2019</p> <p><b>South of the Border Buffet</b></p> <p>Soup—Chicken Noodle Soup</p> <p>Soft Wheat, White and Corn Tortillas and Chips with Ground Beef, Grilled Chicken Breast, Roasted Vegetables, Spanish Rice, Veg. Refried Beans, Lettuce, Tomatoes, Salsa, Sour Cream, Tortilla Chips, Shredded Cheese and Chef Prepared Guacamole.</p> <p>Dessert — Chefs Choice Cake</p>	<p>October 2, 2019</p> <p><b>Paninis</b></p> <p>Soup — Roast Tomato</p> <p>Grilled Homemade Focaccia Bread with Choice of "N/E" Diestle Turkey Breast with Swiss Cheese, "N/E" Pit Ham with Cheddar Cheese or Roasted Veggies with Pepper jack Cheese</p> <p>Served with Melon Wedge and Assorted Chips</p> <p>Dessert — Chefs Choice</p>	<p>October 3, 2019</p> <p><b>German Cuisine Day</b></p> <p>Soup—Chef's Choice</p> <p>Special Oktoberfest Menu TBA</p> 	<p>October 4, 2019</p> <p><b>Fish Fry Day</b></p> <p>Soup – New England Style Clam Chowder</p> <p>Choice of Wild Alaskan Pesto Salmon or Roasted Chicken Drumsticks, Breaded and Baked Cod Filet and Popcorn Shrimp.</p> <p>Served with Fresh Lemon, Tartar Sauce and Choice of French Fries or Tossed Caesar Salad</p> <p><b>Dessert — Chewy Goopy Cookies</b></p>
<b>Italian Cuisine</b>	<b>Taco Tuesday!</b>	<b>Omelet/Waffle Wednesday!</b>	<b>Made to Order Crepes!</b>	<b>Chewy Goopy Cookies!</b>