



Saint Thomas' Episcopal School DAILY HOT LUNCH MENU 2021 – 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK A	<p>Oven Baked Chicken Tenders Chef's Choice of: Mashed Potatoes Fresh Carrots, Zucchini, Yellow Squash, Broccoli and Peas</p>	<p>Crispy or Soft Beef Tacos Mexican Rice Vegetarian Refried Beans <i>Optional Trimmings available:</i> Shredded Lettuce, Grated Cheese, Picante Sauce and Sour Cream Soft Flour Tortillas</p>	<p>Chopped BBQ on a Bun Baked Beans Cole Slaw</p>	<p>Spaghetti with Meat Sauce Chef's Choice of hot Vegetable Garlic Bread NOTE: Plain Pasta seasoned with olive oil OR Spaghetti with Meatless Marinara PLEASE CONTACT OUR OFFICE TO REQUEST GLUTEN-FREE PASTA</p>	<p>Asian Stir Fry Rice with Chicken Pineapple Fortune Cookies + FYI - PIZZA FRIDAY is available</p>
WEEK B	<p>Grilled Chicken Breast Sliders with Ranch Mayonnaise Broccoli and Rice Casserole Carrot Pineapple Salad</p>	<p>Baja Fish Tacos on Corn Tortillas Black Beans Optional Trimmings: Shredded Lettuce or Cabbage, Grated Cheese, Salsa or Cilantro Lime Cream Watermelon Slice or available Fruit in Season</p>	<p>Breakfast for Lunch Pancakes and Syrup Sliced Bacon Fresh Fruits in Season</p>	<p>Spaghetti with Meat Sauce Chef's Choice of hot Vegetable Garlic Bread SEE NOTES ABOVE REGARDING OPTIONS AND SPECIAL REQUEST</p>	<p>Hot Dogs with Chili and Cheese Corn Chips Fruit + FYI - PIZZA FRIDAY is available</p>
WEEK C	<p>Oven Baked Chicken Tenders Chef's Choice of: Roasted Sweet Potatoes Fresh Carrots, Zucchini, Yellow Squash, Broccoli and Peas</p>	<p>New Mexico Chicken and Sour Cream Enchilada Stack with Flour Tortillas Mexican Rice Green Salad with Mandarin Oranges Watermelon Slice or available Fruit in Season</p>	<p>Wrap it Up Grilled Chicken Caesar Shredded Carrot, Romaine Caesar dressing Fruit and Chips</p>	<p>Spaghetti with Meat Sauce Chef's Choice of hot Vegetable Garlic Bread SEE NOTES ABOVE REGARDING OPTIONS AND SPECIAL REQUEST</p>	<p>Chicken Tetrizzini French Bread Chef's Choice of Green Vegetable + FYI - PIZZA FRIDAY is available</p>
WEEK D	<p>Wing-It Chef's Choice of the day: BBQ, Oriental, Wild Herbed Pasta Celery and Carrot Sticks with Ranch Dressing</p>	<p>Street Tacos Shredded Pork on Corn Tortillas Served with above Sides Dressed w/Lime Cilantro Crema Shredded Lettuce & Cabbage Pino Beans Watermelon Slice or available Fruit in Season <u>Vegetarian Option any Tuesday</u> Cheese Quesadillas</p>	<p>Cod Amandine or Oven Baked Cod Homemade Mac and Cheese Chef's Choice of Peas and Carrots OR Green Beans</p>	<p>Spaghetti with Meat Sauce Chef's Choice of hot Vegetable Garlic Bread SEE NOTES ABOVE REGARDING OPTIONS AND SPECIAL REQUEST</p>	<p>Cajun Red Beans, Sausage and Rice French Bread Chef's Choice of Vegetables, Cole Slaw or Salad + FYI - PIZZA FRIDAY is available</p>