

Garden School Menu 2021

WEEK 1	SUNDAY	MONDAY	WEDNESDAY	THURSDAY
SOUP 1	CREAM OF BROCCOLI SOUP		SEAFOOD CHOWDER SOUP	HARIRA SOUP
ENTRÉE 1	CHICKEN BUKHARI	FRIED CHICKEN BURGER or GRILLED BEEF BURGER	CHICKEN MUGALGAL	CHICKEN SHISH TAWOOK
ENTRÉE 2	BEEF KOFTA KEBAB LESS SPICY	PIZZA	GRILLED FISH WITH CAPER SAUCE	LASAGNA BOLOGNAISE
STARCH	HERBS ROAST POTATO	FRENCH FRIES	LYONNAIS POTATOES	STEAM RICE
VEGETARIAN 1	FUSILLI W/ TOMATO SAUCE	VEGETABLE PIZZA or FALAFEL BURGER	STIR-FRIED NOODLES	LASAGNA VEGETABLE
SALAD 1	GREEN SALAD	LETTUCE, ONION, TOMATO	GREEN SALAD	GREEN SALAD
SALAD 2	FATOUSH	CORN SALAD	TABOULEH	MACARONI SALAD
SALAD 3	CHICKEN PINEAPPLE SALAD	COLESLAW	ROASTED VEG SALAD	MUTABLE SALAD
DESSERT 1	FRUIT CUPS	FRUIT CUPS & COOKIES	FRUIT CUPS	FRUIT CUPS & CAKE
DESSERT 2	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT
BREAD 1	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS
BREAD 2	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE

Garden School Menu 2021

WEEK 2	SUNDAY	MONDAY	WEDNESDAY	THURSDAY
SOUP 1	CHICKEN COLOMBIAN SOUP		CREAM OF CHICKEN SOUP	VEGETABLE NOODLE SOUP
ENTRÉE 1	BAKED FISH GREEK STYLE	FRIED CHICKEN BURGER or GRILLED BEEF BURGER	MARINATED FISH CUBE WITH SKEWER	PASTA CARBONARA W/BEEF STRIPS
ENTRÉE 2	BEEF JULIENNE W/BELL PEPPER SAUSE	PIZZA	CHICKEN SZECHUAN	CHICKEN BIRYANI
STARCH	MASHED POTATO	FRENCH FRIES	BAKED POTATO WEDGES	SAUTEED POTATO
VEGETARIAN 1	VEGETABLE LASAGNA	VEGETABLE PIZZA or FALAFEL BURGER	PENNE W VEG AND TOMATO SAUCE	VEGETABLE SPRING ROLL
SALAD 1	GREEN SALAD	LETTUCE, ONION, TOMATO	GREEN SALAD	GREEN SALAD
SALAD 2	FATTOUSH	CORN SALAD	TABOULEH	HOMOUS
SALAD 3	CHICKEN PINEAPPLE SALAD	COLESLAW	GREEK SALAD	ITALIAN PASTA SALAD
DESSERT 1	FRUIT CUPS	FRUIT CUPS & COOKIES	FRUIT CUPS	FRUIT CUPS & CAKE
DESSERT 2	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT
BREAD 1	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS
BREAD 2	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE

Garden School Menu 2021

WEEK 3	SUNDAY	MONDAY	WEDNESDAY	THURSDAY
SOUP 1	CLEAR VEGETABLE SOUP		CREAM OF MUSHROOM SOUP	CHICKEN CORN SOUP
ENTRÉE 1	CHICKEN MONGOLIAN	FRIED CHICKEN BURGER or GRILLED BEEF BURGER	CHICKEN KRISPY TENDER	CHICKEN MANDI
ENTRÉE 2	BEEF CHICKPEAS SALONA	PIZZA	BEEF SALISBURY STEAK W/ PEPPER SAUCE	BAKED FISH TIKKA LESS SPICY
STARCH	VEGETABLE RICE	FRENCH FRIES	MASHED POTATO	POTATO WEDGES
VEGETARIAN 1	VEGETABLE SAMOSA	VEGETABLE PIZZA or FALAFEL BURGER	BAKED PENNE PASTA	FUSILLI W/ TOMATO SAUCE
SALAD 1	GREEN SALAD	LETTUCE, ONION, TOMATO	GREEN SALAD	GREEN SALAD
SALAD 2	FATTOUSH	CORN SALAD	TABOULEH	HOMOUS
SALAD 3	NOODLE SALAD	COLESLAW	APPLE CABBAGE AND RAISIN SALAD	NICOISE SALAD
DESSERT 1	FRUIT CUPS	FRUIT CUPS & COOKIES	FRUIT CUPS	FRUIT CUPS & CAKE
DESSERT 2	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT
BREAD 1	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS
BREAD 2	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE

Garden School Menu 2021

WEEK 4	SUNDAY	MONDAY	WEDNESDAY	THURSDAY
SOUP 1	CHICKEN MARMITE SOUP		CREAM OF BROCCOLI SOUP	CORN SOUP
ENTRÉE 1	ARABIC ROAST CHICKEN	FRIED CHICKEN BURGER or GRILLED BEEF BURGER	CHICKEN MARYLAND	CHICKEN MANDI
ENTRÉE 2	BEEF TEX MEX CASSEROLE	PIZZA	BEEF DAWOOD BASHA	BAKED FISH TIKKA
STARCH	VEGETABLE RICE	FRENCH FRIES	GARLIC ROAST POTATO	BAKED POTATO WEDGES
VEGETARIAN 1	PASTA NAPOLITANA	VEGETABLE PIZZA or FALAFEL BURGER	BAKED PENNE PASTA	FUSILLI W/ TOMATO SAUCE
SALAD 1	GREEN SALAD	LETTUCE, ONION, TOMATO	GREEN SALAD	GREEN SALAD
SALAD 2	FATTOUSH	CORN SALAD	TABOULEH	HOMOUS
SALAD 3	NOODLE SALAD	COLESLAW	APPLE CABBAGE AND RAISIN SALAD	NICOISE SALAD
DESSERT 1	FRUIT CUPS	FRUIT CUPS & COOKIES	FRUIT CUPS	FRUIT CUPS & CAKE
DESSERT 2	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT
BREAD 1	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS
BREAD 2	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE