

| MONDAY  |    | TUESDAY  |    | WEDNESDAY  |    | THURSDAY   |    | FRIDAY   |    |
|---|----|--|----|--|----|--|----|--|----|
|   |    |  |    |  |    |  |    |  | 1  |
|   |    |  |    |  |    |  |    | Sweet & Sour Chicken<br>Vegetable Medley<br>Steamed Brown Rice<br><b>Veggie Chili Bowl</b><br>Cookies        |    |
|   | 4  |  | 5  |  | 6  |  | 7  |  | 8  |
| Chicken Patty Sandwich<br>Green Beans<br>Baked French Fries<br><b>Garden Patty Sandwich</b><br>Water Ice        |    | Chicken Quesadilla<br>Carrots<br>Rice & Beans<br><b>Cheese Quesadilla</b><br>Jell-O                      |    | Pasta & Meatballs<br>Roasted Brussel Sprouts<br>Garlic Bread<br><b>Penne Marinara</b><br>Brownies        |    | Tacos<br>Peas & Carrots<br>Rice<br><b>Veggie Tacos</b><br>Strawberry Gogurt                                    |    | Pizza<br>Broccoli<br>Pepperoni Pizza<br><b>Veggie Pizza</b><br>Cookies                                       |    |
| <b>Fall Weekend</b>   |    |  | 12 |  | 13 |  | 14 |  | 15 |
|                               |    | Chicken Fingers<br>Vegetable Medley<br>Baked French Fries<br><b>Tofu &amp; Broccoli</b><br>Ice Cream Cup |    | Chicken Parmesan<br>Asparagus<br>Penne Marinara<br><b>Cheese Tortellini</b><br>Teddy Grahams             |    | Herb Grilled Chicken<br>Grilled Vegetables<br>French Fries<br><b>Vegan Chicken Patty</b><br>Rice Krispy Treats |    | Cheeseburger<br>Zucchini/Squash<br>Tator Tots<br><b>Garden Veggie Burger</b><br>Cookies                      |    |
|   | 18 |  | 19 |  | 20 |  | 21 | <b>Conference Day</b>  |    |
| Chicken Patty Sandwich<br>Sautéed Green Beans<br>Baked French Fries<br><b>Garden Veggie Burger</b><br>Water Ice |    | Meatball Sub<br>Zucchini and Squash<br>Steamed Brown Rice<br><b>Caesar Salad</b><br>Jell-O               |    | Apricot Glazed Chicken<br>Roasted Brussel Sprouts<br>Mashed Potatoes<br><b>Veggie Quiche</b><br>Brownies |    | Beef Nachos<br>Steamed Carrots<br>Rice and Beans<br><b>Veggie Chili</b><br>Cookies                             |    |                         |    |
|   | 25 |  | 26 |  | 27 |  | 28 |  | 29 |
| Chicken Parm Sandwich<br>Vegetable Medley<br>Jasmine Rice<br><b>Vegan Chicken Sandwich</b><br>Strawberry Gogurt |    | Cheesesteaks<br>Roasted Cauliflower<br>French Fries<br><b>Veggie Steak Sandwich</b><br>Ice Cream Cup     |    | BBQ Pulled Pork Sandwich<br>Grilled Vegetables<br>Tator Tots<br><b>Quinoa Primavera</b><br>Teddy Grahams |    | Cheese Ravioli<br>Peas<br>Meatballs<br><b>Cheese Ravioli</b><br>Rice Krispy Treats                             |    | Chef's Choice of Soup<br>Mummy Dogs<br>Skinny Fries<br><b>Pumpkin Ravioli</b><br>Halloween Birthday Cupcakes |    |

Did you know?



Chef's choice veggies are offered daily!

All food items are steamed, baked, or sautéed. We do not deep fry foods.



GREEN = Vegetarian

Parfaits & salads are available EVERY DAY! Just check our "Simply-to Go" cases.



Our "Catch of the day" is served daily! Our fish is broiled, baked, or steamed.

**\*Remember: We strive to be 100% Peanut/Nut Free when packing lunches from home.**

The Haverford School Dining Hall is continuously striving to achieve 100% compostable/recyclable practices. Please join us in our effort to "GO GREEN!"

Remember we Strive to be NUT-FREE

**Questions? Contact:** **Kimberly Sprangers, General Manager**  
610-642-3020, ext. 1217  
[ksprangers@haverford.org](mailto:ksprangers@haverford.org)

**Need Catering? Contact:** **Maria Faracchio**  
610-642-3020, ext. 1373  
[mfarcchio@haverford.org](mailto:mfarcchio@haverford.org)