

# Middle/Upper School Lunch Menu

October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Food Allergies?</b> Talk to a member of the Dining Team about our Menu Options</p>				
<p><b>Blackjack Chicken</b> 4</p> <p>Pasta Bolognese <b>Garden Blackjack Chicken</b> French Fries Green Beans Assorted Desserts</p>	<p><b>Beef Brisket on a Biscuit</b> 5</p> <p>Grilled Chicken Breast <b>Veggie Paella</b> Roasted Red Potatoes Carrots Assorted Desserts</p>	<p><b>Mac &amp; Cheese Bar</b> 6</p> <p>Meatball Subs <b>Ratatouille</b> Mac &amp; Cheese Roasted Brussel Sprouts Assorted Desserts</p>	<p><b>Tacos</b> 7</p> <p>Chicken Pesto Pasta <b>Veggie Tacos</b> Beans &amp; Rice Peas &amp; Carrots Assorted Desserts</p>	<p><b>Chili Bread Bowl</b> 1</p> <p>Sweet &amp; Sour Chicken <b>Veggie Chili Bowl</b> Steamed Brown Rice Vegetable Medley Assorted Desserts</p>
<p><b>Fall Weekend</b> 11</p> 	<p><b>Chicken Finger Wrap</b> 12</p> <p>Beef &amp; Broccoli <b>Tofu &amp; Broccoli</b> Steamed Rice Vegetable Medley Assorted Desserts</p>	<p><b>Fiesta Rice Bowl</b> 13</p> <p>Chicken Parm Sandwich <b>Veggie Rice Bowl</b> Cheese Tortellini Asparagus Assorted Desserts</p>	<p><b>Roast Pork</b> 14</p> <p>Herbed Grilled Chicken <b>Tofu Chicken Patty</b> French Fries Grilled Vegetables Assorted Desserts</p>	<p><b>Pizza</b> 8</p> <p>Wing Bar <b>Veggie Pizza</b> Tater Tots Vegetable Medley Assorted Desserts</p>
<p><b>Blackjack Chicken</b> 18</p> <p>Pasta Bolognese Steamed Green Beans <b>Blackjack Garden Burger</b> Baked French Fries Assorted Desserts</p>	<p><b>Chicken Caesar Salad</b> 19</p> <p>Meatball Sub Seasoned Squash <b>Tofu Caesar Salad</b> Steamed Rice Assorted Desserts</p>	<p><b>Nachos</b> 20</p> <p>Sausage Peppers &amp; Onions Steamed Carrots <b>Veggie Chili Nachos</b> Rice and Beans Assorted Desserts</p>	<p><b>Pizza</b> 21</p> <p>Wing Bar Vegetable Medley <b>Veggie Pizza</b> Tater Tots Assorted Desserts</p>	<p><b>Conference Day</b> 22</p> 
<p><b>Street Tacos</b> 25</p> <p>Chicken Parm Sandwich Cauliflower <b>Veggie Tacos</b> Mexican Rice Assorted Desserts</p>	<p><b>Cheesesteaks</b> 26</p> <p>Baked Ziti Roasted Broccoli <b>Veggie Steak</b> French Fries Assorted Desserts</p>	<p><b>Turkey BLT Wrap</b> 27</p> <p>BBQ Pulled Pork Asian Vegetable Blend <b>Veggie Noodle Bowl</b> Mac n Cheese Assorted Desserts</p>	<p><b>Southwest Salad</b> 28</p> <p>Hamburger or cheeseburger Peas n Carrots <b>Garden Burger</b> French Fries Assorted Desserts</p>	<p><b>Carved Bacon Pork loin</b> 29</p> <p>Salmon w/ Sage Brown Butter Apple Cider Chicken <b>Pumpkin Ravioli</b> Mashed Sweet Potatoes Balsamic Brussel Sprouts</p>

Breakfast is offered daily from 7:30-9 a.m.



Chef's choice Veggies are offered daily!

Did you know?

All Foods we prepare are steamed, baked, or sautéed. We do not deep fry foods.



= Vegetarian Options Available Daily Full Salad Bar

Grab and Go Salads, Sandwiches, & Parfaits Available EVERY DAY! In our Simply-to Go case



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!"

**Dining Questions?**

Contact:  
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Director of Dining

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Office: 484-417-2716

**Need Catering?**

Contact:  
Maria Faracchio  
Catering Manager

[Mfaracchio@haverford.org](mailto:Mfaracchio@haverford.org)

**Need Spirit Ware or Uniforms?**

Contact:  
Lona Lamaj  
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[alamaj@Haverford.org](mailto:alamaj@Haverford.org)

