



Saint Thomas' Episcopal School DAILY HOT LUNCH MENU 2022 – 2023

| | 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 Green Garden Salad</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>BBQ Chopped Beef Sandwich Mac and Cheese Fresh Fruit</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 <i>PLEASE CONTACT OUR OFFICE TO REQUEST GLUTEN-FREE PASTA</i></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>Chicken Fajitas <i>Optional Trimmings available:</i> Shredded Lettuce, Picante Sauce and Sour Cream Black Beans Watermelon Slice or available Fruit in Season</p> | <p>Breakfast for Lunch Pancakes and Syrup 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>Lemon Rosemary Roasted Drumsticks Roasted Sweet Potatoes Fresh Carrots, Zucchini, Yellow Squash, Broccoli, and Peas</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</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>New Mexico Chicken and Sour Cream Enchilada Stack with Flour Tortillas Mexican Rice 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>Hot Dogs with Chili and Cheese Corn Chips Fruit + FYI - PIZZA FRIDAY is available</p> |