

ACADEMY OF THE SACRED HEART

SAMPLE PREORDER MENUS



Academy of the Sacred
Heart

Lunch Menu Week 1

LUNCH MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Entrée Salad	House Garden Salad	Chicken Caesar Salad	Cobb Salad	Southwestern Chicken Salad	Buffalo Chicken Salad
Deli Special	Turkey & Swiss Sandwich- on Whole Wheat	Balsamic Vegetable Hummus Wrap-	Ham & Cheddar Sandwich on Pretzel roll	Corned Beef Reuben Sandwich	Tuna Salad Sandwich
Entree	Penne Chicken Alfredo	Beef Tacos	Revved Up Turkey Sloppy Joe	BBQ Pulled Pork	Pepperoni Calzone with Revved Up Marinara Dipping Sauce
Vegetarian Entrée	Penne Alfredo	Black Bean Vegetable Tacos	Vegan Sloppy Joe	BBQ Pulled Jack Fruit	Cheese Calzone with Revved Up Marinara Dipping Sauce
Side	Garlic Bread Sticks	Mexican Rice	Tater Tot	Creamy Mac & Cheese	Roasted Cauliflower
Vegetable	Steamed Broccoli	Spiced Vegetables Medley	Roasted Zucchini	Southern Green Beans	Ratatouille

DAILY OFFERINGS



Special Dietary Needs: Segregated station featuring items made without gluten containing ingredients. Flik is also nut aware, meaning we do not prepare foods with nuts or any nut containing ingredients.



Sweet Offerings: Assortment of Local and Seasonal Hand Fruit, Flavored Low-Fat and Non-Fat Yogurt, House-made Granola



Beverages: Skim, 1% and 2% Milk, Assortment of 100% Juices and Seasonal House-made Beverages including Water Works



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Lunch Menu Week 2

LUNCH MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Entrée Salad	House Garden Salad	Chicken Caesar Salad	Cobb Salad	Southwestern Chicken Salad	Buffalo Chicken Salad
Deli Special	Turkey, Ham and Cheese Wrap	Roasted Vegetable Sandwich	Santa Fe Chicken Sandwich	Italian Sub Sandwich	Chicken Caesar Wrap
Entree	Spaghetti and Revved Up Meatballs	Chili Lime Chicken Burrito	Grilled BBQ Meatloaf	Scrambled Eggs	Sausage Stromboli with Revved Up Marinara Dipping Sauce
Vegetarian Entrée	Spaghetti and Revved Up Marinara	Bean and Cheese Burrito	Grilled BBQ Tofu Steak	Pancakes	Margarita Stromboli with Revved Up Marinara Dipping Sauce
Side	Cheesy Garlic Bread	Cilantro Lime Rice	Creamy Mashed Potatoes	Turkey Sausage Links	Sautéed Spinach
Vegetable	Roasted Zucchini and Yellow Squash	Roasted Corn and Peppers	Buttered Sweet Peas	O'Brian Potatoes	Roasted Peppers and Onions