



# UCT Cafeteria Menu

June 2023

|  | Monday  | Tuesday                                      | Wednesday  | Thursday  | Friday  |  |
|--|---|--|--|---|---|--|
| Any students with food allergies, lactose intolerance, or any other special dietary concerns or needs are encouraged to consult with the school nurse. |   |  |  | 1   | 2   | A salad bar and fresh fruit options are available daily with your lunch. |
|  | Main Item   |  |  |   |   |  |
|  |   |  |  | Breaded Chicken served with Piccata sauce. Scalloped potatoes and vegetables. | Pizza Choice of Cheese, Pepperoni, or Buffalo Chicken. Vegetables |  |
|  |   |  |  | Ham and Cheese Sandwich on whole grain bread                                  | Turkey Sandwich on whole grain bread                              |  |
|  | 5   | 6  | 7  | 8   | 9   |  |
|  | Main Item   |  |  |   |   |  |
|  | Hamburger or Cheeseburger on a whole wheat bun, oven roasted potatoes, and vegetables | Chicken Quesadillas with Rice and Corn       | Cheese Tortellini with Marinara Sauce Garlic Breadstick and Vegetables | Chicken Cordon Bleu with potatoes, and vegetables.                            | Pizza Choice of Cheese, Pepperoni, or Buffalo Chicken. Vegetables |  |
|  | Sandwich Option   |  |  |   |   |  |
|  | Turkey Sandwich on whole grain bread  | Ham and Cheese Sandwich on whole grain bread | Roast Beef Sandwich on whole grain bread                               | Ham and Cheese Sandwich on whole grain bread                                  | Turkey Sandwich on whole grain bread                              |  |
|  | 12  | 13   | 14   | 15  | 16  |  |
| Main Item  |   |  |  |   |   |  |
|  |   |  |  |   |   |  |
|  |   |  |  |   |   |  |
| 19   | 20  | 21   | 22   | 23  |   |  |
| Main Item  |   |  |  |   |   |  |
|  |   |  |  |   |   |  |
|  |   |  |  |   |   |  |
| 26   | 27  | 28   | 29   | 30  |   |  |
| Main Item  |   |  |  |   |   |  |
|  |   |  |  |   |   |  |
|  |   |  |  |   |   |  |