


# SHADY SIDE

## ACADEMY

Senior School  
WEEK 5 (SEPTEMBER 25—October 1)

Gluten free options are available daily.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Day Breakers</b>	<p><u>NATIONAL QUESADILLA DAY</u></p> <p>Omelet Station, Chocolate Bread Pudding or Breakfast Quesadilla</p> <p>Breakfast Potatoes Bacon</p> <p>Assorted Cold Cereals Fruit &amp; Yogurt Bar</p>	<p>Waffle Bar Egg white Spinach &amp; Mushroom Bake</p> <p>Potato Pancakes Maple Sausage</p> <p>Assorted Cold Cereals Fruit &amp; Yogurt Bar</p>	<p>Omelet Station Banana Bread French Toast</p> <p>Hash Browns Sausage Patties</p> <p>Assorted Cold Cereals Fruit &amp; Yogurt Bar</p>	<p>Waffle Bar Egg &amp; Cheese Burrito</p> <p>Breakfast Potatoes Pepper Bacon</p> <p>Assorted Cold Cereals Fruit &amp; Yogurt Bar</p>	<p>Omelet Station Berry &amp; Lemon Curd Crepes</p> <p>Tater Tots Maple Sausage</p> <p>Assorted Cold Cereals Fruit &amp; Yogurt Bar</p>	<p>Waffle Bar, Coconut French Toast or Eggs Benedict</p> <p>Breakfast Potatoes Sausage</p> <p>Assorted Cold Cereals Fruit &amp; Yogurt Bar</p>	<p>Omelet Bar or Chicken &amp; Waffles, Maple Butter</p> <p>Hash Brown Patty Sausage</p> <p>Assorted Cold Cereals Fruit &amp; Yogurt Bar</p>
<b>Main Plate</b>		<p><b>50 States 50 Sammies</b></p> <p>The Big Pastrami (Massachusetts) or Ricotta Tomato Pizza</p> <p>Noodles</p> <p>Roasted Cauliflower Vegetable Medley</p>	<p>Chicken Parmesan or Tuscan Vegetable Pasta Bake</p> <p>Confetti Couscous</p> <p>Yellow Squash Vegetable Medley</p>	<p>Orange Soy Glazed Cod or Vegetable Lo Mein</p> <p>Fried Rice</p> <p>Sugar Snap Peas Vegetable Medley</p>	<p>Pepperoni &amp; Mushroom Pizza or Cheese Pizza</p> <p>Roasted Tomato Rice Pilaf</p> <p>Broccoli Vegetable Medley</p>	<p>Breakfast Potatoes Sausage</p> <p>Assorted Cold Cereals Fruit &amp; Yogurt Bar</p>	<p>Hash Brown Patty Sausage</p> <p>Assorted Cold Cereals Fruit &amp; Yogurt Bar</p>
<b>Evening Main Plate</b>	<p>Buffalo Chicken Quesadilla or Pasta Pomodoro</p> <p>Garlic Bread</p> <p>Snap Peas Vegetable Medley</p>	<p>Root Beer BBQ Chicken or Stuffed Portobello</p> <p>Sweet Potato Fries</p> <p>Green Beans &amp; Tomatoes Vegetable Medley</p>	<p>Beef Kafta or Wild Mushroom Crepes</p> <p>Quinoa</p> <p>Braised Cabbage Vegetable Medley</p>	<p>Fried Chicken or Cheese Tortellini</p> <p>Sweet Potato Casserole</p> <p>Kickin' Collar Greens Vegetable Medley</p>	<p>Stuffed Chicken Breast or Lentil Meatloaf</p> <p>Smashed Redskin</p> <p>Sautéed Kale &amp; Apples Vegetable Medley</p>	<p>Philly Cheese Steak or Buffalo Cauliflower Wrap</p> <p>Garlic Cheddar Potatoes</p> <p>Spinach &amp; Mushrooms Vegetable Medley</p>	<p>Mojito Chicken Or Chimichurri Tofu Tacos</p> <p>Cilantro Rice</p> <p>Steamed Cauliflower Vegetable Medley</p>

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