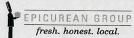
## Cardinal Newman



MONDAY	September 3, 2023			0.000	
Market Grill	Free Range Chicken P.	heese, French Roll, Garlic Fries	\$ 8.25	Café Service Hours  Breakfast	
Kitchen Table	Turkey Meatloaf with G	vy and Vegetable Medley	\$ 8.05	8:00 am - 8:30 am Break 9:45 am - 10:05 am	
Plant Inspired	Vegan Chickpea Meath Medley	room Gravy and Vegetable	\$ 7.25	Lunch	
Platillos Latinos	Crispy Carnitas Tacos,	anish Rice, House Made Salsa	\$ 8.05	12:45 pm - 1:15 pm	
Tossed	Chef Salad Black Fore: Avocado, House Made Dide Cheese Bressing	ed Cheddar Cheese, Croutons,	\$ 7.50	After-School 2:30 pm - 3:00 pm	
TUESDAY	September 4, 2023			•	
Market Grill	Caparese Fresh Basil, Mozzarella, Tomatoes, Sourdough Roll, Onion Rings			Breafast Grab and Go	
Global Adventures	Korean Dakgalbi Free Range Chicken, Creamy Spicy Gochujang	Noodles, Stir Fry Vegetables	\$8.25 \$8.05	Every Day Yogurt Parfait Protien Smoothie	
Plant Inspired	Oven Crisped Korean BBQ Wo Chong Tofu, Sticky Rice, Stir Fry	Vegetables	\$7.25	Acai Bowls	
Platillos Latinos	Carne Asada, Bell Pepper, Onion Fajita Quesadilla, Black Beans,		\$8.05		
Tossed	Chinese Free Range Chicken Salad Napa Cabbage, Purple Cabb. Bell Pepper, Snap Peas, Mandarin Orange, Crispy Wontons, Soy	age, Carrots, Bean Sprouts, Red Ginger Vinaigrette	\$7.50	All menu items proudly made in house!  Daily Grab 'n Go Snacks until 3:00 pm	
WEDNESDAY	September 5, 2023			•	
Market Grill	BBQ Pulled Pork Grilled Cheese, Slow Roasted BBQ Pulled Pork, Sourdough, Sweet Potato Fries		\$8.25	Breakfast Bistro  Every Day!  Breakfast Burrito, egg, potato, cheese,	
Passage to India	Tandoori Free Range Chicken with Spiced Coconut Rice and Orga Bread	anic Vegetable Korma with Naan	\$8.05	choice of bacon, sausage, chorizo, veggie English Muffin, Sausage, cheese, egg Bagel Breakfast Sandwich, Bacon, cheese	
Plant Inspired	Tandoori Cauliflower with Spiced Coconut Rice and Organic Vege	table Korma with Naan Bread	\$7.25	Fried Egg	
Platillos Latinos	Super Nachos, Corn Tortilla Chips, Grass Fed Beef, Black Beans, topped with Olives & Jalapenos		\$8.05		
Tossed	Thai Beef Salad Cucumbers, Cherry Tomatoes, Cilantro, Carrots, House Made Sesame Vinaigrette		\$7.50		
THURSDAY	Jalapeno Popper Grilled Cheese, Cream Cheese Spread, Crispy A	) and a second Consultant Description		TakeAway Every Day	
Market Grill	alabeno. Provolone Cheese. Sourdough Bread. French Fries		\$8.25	Classic Caesar Salad	
Global Adventures	Rainbow Rotelli Pasta Carbonara, Crispy Pancetta, Sweet Peas, F		\$8.05	Organic Romaine, Cherry Tomato, House Made Croutons, Caesar Dressing	
Plant Inspired	Vegetarian Rainbow Rotelli Pasta Mushroom Carbonara, Sweet Pe Bread	eas, Steamed Broccoli, Garlic	\$7.25	Classic Chicken Caesar Salad Organic Romaine, Free Range Chicken, Cherry Tomato, House Made Croutons, Caesar Dressing	
Platillos Latinos	Roasted Roasted Shredded Beef Burrito, Refried Beans, Shredded	d Cheddar Cheese, Cilantro Rice	\$8.05	Cobb Salad Organic Romaine, Applewood Smoked Bacon	
Tossed	Cobb Salad Romaine Lettuce, Hard Boiled Egg, Applewood Smok Cherry Tomato, Blue Cheese, Grilled Chicken Breast with House N	ed Bacon, Red Onion, Avocado, Made Ranch Dressing	\$7.50	Bits, Free Range Chicken, Avocado, Cherry Tomato, Cage Free Egg, House Made Ranch Dressing	
FRIDAY	September 7, 2023			Daily Sandwich Bar	
Market Grill	Crispy Chicken Sandwich, Lettuce, Tomato, Cheese on Broiche Bu	un, Curly Fries	\$8.25	Smoked Turkey Breast Sandwich Smoked Turkey Breast, Lettuce, Tomato,	
Global Adventures	Korean Beef Bulgogi Bowl, Jasmine Rice, Green Onions, Asian Sti	ir Fry Vegetables	\$8.05	Provolone Cheese on Whole Wheat. Ham Sandwich Honey Ham, Lettuce, Tomato, Cheddar Cheese	
	Korean Tempeh Bulgogi Bowl Jasmine Rice, Green Onions, Asian	The state of the s	\$7.25	on French Grilled Vegetable Sandwich	
Platillos Latinos	Free Range Rojo Free Range Chicken Quesadillas, , or Vegetariar Chips and Salsa	n Quesadilla Pico De Gallo, Tortilla	\$8.05	Grilled Zucchini, Red Bell Pepper, Mushroom, Provolone, Roasted Tomato Spread, Lettuce, Tomato on Ciabatta	
	Super Food Salad Black Beans, Roasted Corn, Butter Squash, Sur Organic Mixed Greens, House Made Roasted Green Chili Vinaigre rdinal Newman High School	nflower Seeds, Purple Cabbage, tte	\$7.50	Make it A Bundle! Add House Chips and a Canned Beverage	
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District Manager Café Manager	EDICHDEAN CROUD			Epicurean Group is a Food	

Café Manager



All items marked for dietary restrictions

























Epicurean Group is a Food
Management Company that
specializes in providing exceptional
dring. We partner with local farmers
and suppliers, and provide you with
fresh foods that nourish the body
and mind. We dedicate ourselves to
cooking from scratch, avoiding
frozen or prepared foods high in
fats, sodium or sugar. In addition,
we build our menus by the season—
we cook by Mother Nature's
abundance and on her schedule!



