



REAL SCHOOL LUNCH

Convent & Stuart Hall August – September 2023 Monthly Menu

Daily offerings include: entrée, seasonal sides, housemade soups, full salad bar, organic fruit, simple sandwich bar, and Clover milk. Comparable iterations of our main menu items, entrées, and sides are offered daily to ensure vegetarian, vegan, gluten-free, dairy-free, egg-free, and pork-free eaters are able to enjoy the full menu.

August 21 - 25

- M:** Cheesesteaks with Steamed Broccoli, Kettle Chips, and Dill Coleslaw
- T:** Chicken Yakisoba with Garlic Edamame and Cucumber Salad
- W:** Pulled Pork Taco Salad with Massa Organics Brown Rice, Avocado Crema, and Housemade Hot Sauce
- Th:** Beef Ragu with Organic Romaine Salad and Garlic Bread
- F:** Chicken Tenders with Sautéed Greens and Golden Mashed Potatoes

August 28 - September 1

- M:** Housemade Sausage Pizza with Seasonal Vegetables and Organic Spinach Salad
- T:** Sweet Chili-Lime Chicken with Seasonal Vegetables and Coconut Rice
- W:** Mac and Cheese with Seasonal Vegetables and Organic Mixed Greens Salad
- TH:** Tostada Bar with Black Beans, Massa Organics Brown Rice, Roasted Vegetables, and Jicama Slaw
- F:** Chef's Choice Sandwiches with Chips and Roasted Seasonal Vegetables

September 4 - 8

- M:** No School
- T:** Whole Wheat Quesadillas with Smoky Pinto Beans, Cilantro-Lime Rice, and Housemade Salsa
- W:** Pasta Bar with Marinara Sauce, Pesto Cream Sauce, and Roasted Squash
- TH:** Hamburgers with Coleslaw and Potato Wedges
- F:** Chicken Coconut Curry with Aromatic Rice and Kale Salad

September 11 - 15

- M:** Zoe's All Beef Hot Dogs with Broccoli and Oven Baked Fries
- T:** San Francisco Garlic Noodles with Chicken and Ginger-Glazed Vegetables
- W:** Beef Enchiladas with Massa Organics Brown Rice and Cumin-Lime Slaw
- TH:** Baked Potato Bar with Bacon, Cheddar, Veggie Chili, and Organic Baby Spinach Salad
- F:** Chicken Tikka Masala with Aromatic Rice, Cucumber Salad, and Naan

September 18 - 22

- M:** Grilled Cheese Sandwiches with Grain Salad and Tomato Basil Soup
- T:** Steak Stir Fry with Sautéed Greens and Massa Organics Brown Rice
- W:** Chicken Caesar Salad with Roasted Vegetables and Cheesy Bread
- Th:** Spaghetti and Meatballs with Seasonal Vegetables
- F:** Bean & Cheese Burritos with Red Rice and Citrus Cabbage Salad

September 25 - 29

- M:** Pepperoni Pizza with Organic Baby Spinach Salad
- T:** Taco Bar with Massa Organics Brown Rice, Tortilla Chips, and Housemade Salsas
- W:** Seasonal Vegetable Linguini with Chopped Romaine Salad and Broccoli
- Th:** Chef's Choice Sandwich with Sweet Potato Wedges and Organic Mixed Greens Salad
- F:** Oven-Fried Chicken with Mashed Potatoes and Sautéed Greens

**We know lunch is important; we think it's the most important meal of the day! While we make every effort to stick to the published menu, items are subject to change without notice pending school schedule and availability of perishable and seasonal items. Thank you and enjoy your lunch!*