



REAL SCHOOL LUNCH

Convent & Stuart Hall

August – September 2023

Vegetarian 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:** Plant-Based Cheesesteaks with Steamed Broccoli, Kettle Chips, and Dill Coleslaw
- T:** Hodo Tofu Yakisoba with Garlic Edamame and Cucumber Salad
- W:** Jackfruit Taco Salad with Massa Organics Brown Rice, Avocado Crema, and Housemade Hot Sauce
- Th:** Cheesy Tomato Baked Rigatoni with Organic Romaine Salad and Garlic Bread
- F:** Plant-Based Chicken Tenders with Sautéed Greens and Golden Mashed Potatoes

August 28 - September 1

- M:** Cheese or Veggie Pizza with Seasonal Vegetables and Organic Spinach Salad
- T:** Sweet Chili-Lime Hodo Tofu 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:** Impossible™ Burger with Coleslaw and Potato Wedges
- F:** Vegetable Coconut Curry with Aromatic Rice and Kale Salad

September 11 - 15

- M:** Veggie Dogs with Broccoli and Oven Baked Fries
- T:** San Francisco Garlic Noodles with Hodo Tofu and Ginger-Glazed Vegetables
- W:** Veggie Enchiladas with Massa Organics Brown Rice and Cumin-Lime Slaw
- TH:** Baked Potato Bar with Cheddar, Veggie Chili, and Organic Baby Spinach Salad
- F:** Chana Masala with Aromatic Rice, Cucumber Salad, and Naan

September 18 - 22

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

September 25 - 29

- M:** Cheese or Seasonal Veggie 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:** Plant-Based 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!*