

# SHADY SIDE

## ACADEMY

Senior School  
WEEK 3 (October 16– October 22)

Gluten free options are available daily.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunda
Day Breakers	Omelet Station Banana Chocolate Chip Pancakes Bacon Breakfast Potatoes  Assorted Breads Assorted Cold Cereal Assorted Fruits	Waffle Bar Egg Spinach and Cheese Naan Sausage Breakfast Potatoes  Assorted Breads Assorted Cold Cereal Assorted Fruits	Omelet Station French Toast Sticks Bacon Breakfast Potatoes  Assorted Breads Assorted Cold Cereal Assorted Fruits	Waffle Bar & Bacon, Egg & Cheese Croissant  Chorizo Patties Breakfast Potatoes Assorted Cold Cereal Assorted Fruits	Omelet Station Chef's Choice Bacon Breakfast Potatoes  Assorted Breads Assorted Cold Cereal Assorted Fruits	Scrambled Eggs Or Pumpkin Cheese Cake Cannoli Or Sausage Egg & Potato "Muffin"	Eggs Benedict Or Toad in a hole Or Waffle Bar
Main Plate	Sweet & Sour Chicken Or Broccoli Tofu Stir-fry  Steamed Rice Roasted Carrots Vegetable Medley	"NEW YORK" Defonte's Roast Beef Sandwich Or Veggie Lover Flat Bread  French Fries Acorn Squash Vegetable Medley	Pork Chops Or Vegan Tostados  Roasted Potatoes Sautéed Zucchini Vegetable Medley	Cheese Tortellini Pesto Cream Sauce Or Grilled Chicken Bruschetta  Garlic Bread Stick Grilled Vegetables Vegetable Medley	French Toast Or Meat Lover's Scramble  Sausage Links Cinnamon Apples Roasted Potatoes	Hash Browns Bacon  Assorted Cold Cereals Fruit & Yogurt Bar	Tater Tots Maple Sausage  Assorted Cold Cereals Fruit & Yogurt Bar
Evening Main Plate	Pot Roast Or Stuffed Acorn Squash  Mashed Potato Roasted Root Vegetable Vegetable Medley	Little Italy	Meatloaf Melt Or Rustic Ratatouille  Rice Pilaf Asparagus Vegetable Medley	Burnt Ends Or Garden Burger  Vegan Potato Salad Baked Beans Vegetable Medley	Hawaiian Pork Sandwich Or Personal Margarita Pita Pizza  Pineapple Rice Cauliflower Vegetable Medley	Cheese Ravioli w/ Sautéed Pumpkin in Sage Butter Or Peruvian Pan Seared Chicken Rice Pilaf Roasted Carrots Vegetable Medley	<b>ENCHILLADAS</b> Bean, Chicken, Beef Spanish Rice Pinot Beans Street Corn Vegetable Medley Chips & Guacamole

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