















































































# SAMPLE DAILY MENUS

Always available for mornings and lunch

Fresh Fruit and Yogurt Bar, Salad Bar Featuring Local Produce, Proteins, and Composed Salads, Deli Bar with Fresh Sliced Meats, Salads, Toppings and Cheese, Seasonal Whole Fresh Fruit

 Friends' Central School		Friends Central Upper & Middle School Week One Sample Menus				
MAKE THE CHOICE THAT'S RIGHT FOR YOU.		 EAT WELL	 LOCALLY SOURCED	 VEGETARIAN	 VEGAN	 PLANT-CENTRIC
BREAKFAST/ LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
RETAIL BREAKFAST WAKIN' UP	Sausage Egg & Cheese Bagel 	Blueberry Pancakes  	Sweet Potato, Scrambled Egg and Philly Cheesesteak Hash 	Hot Breakfast Wrap with Bacon, Egg, Cheese, Potato and Salsa 	Chicken Sausage Breakfast Bowl 	
KETTLE SOUP	Broccoli Cheese  	Vegetable Beef	Country Vegetable  	Creamy Chicken and Rice	Tomato Basil   	
CITY GRILL	Vietnamese Steak Sandwich	Pork Tinga Melt 	Lime Shrimp Tacos, Scallion Tomatillo Salsa	Crispy Cod Po Boy with Spicy Tartar Sauce	Buffalo Turkey Burger & Cheddar	
ROOTED	Chickpea Falafel  	Sweet Potato, Spinach Vindaloo 	Three Bean Chili 	Cajun Grilled Tofu 	Grilled Portobello Taco 	
OASIS GRILL	Andouille Sausage Red Beans & Rice Okra & Tomato  	Herb Roasted Chicken Breast Herbed Rice Pilaf Charred Brussels  	Roasted Pork Loin Grilled Asparagus Red Quinoa   	Lemon Grilled Chicken Roasted Zucchini  	Chicken Ropa Vieja Avocado Salad White Rice  	
GLOBAL FLAVOURS	Lemon Chicken Kebab with Tzatziki and Pita 	Stuffed Turkey Meatloaf, Tomato Glaze Mashed Potatoes  	Beef Stir Fry General Tso's Cauliflower 	Herb Chicken & Swiss Chard Veggie Pot Pie 	Baked Chicken Parmesan Baked Ziti with Marinara Sauce 	
ON THE SIDE	Charred Tomato Couscous   Sautéed Spinach   	Cinnamon Glazed Baby Carrots    Roasted Corn   	Steamed Broccoli    Steamed Basmati Rice  	Smashed Potatoes    Green Beans   	Stuffed Zucchini and Squash   Garlic Bread	
URBAN EATS	<b>MAC N CHEESY</b> <i>Station is run for a week, these are the daily ingredients</i>	Buffalo Mac N Cheese	Butternut Squash Mac N Cheese 	Breadcrumbs Scallions, Tomatoes 	Buffalo Sauce Shredded Cheeses	
MADE TO ORDER DELI	Caprese Baguette  	Buffalo Chicken and Cheese Chopped Hero 	Tuna Salad on Whole Wheat Wrap	Turkey, Bacon Lettuce and Tomato Sandwich 	Roast Beef and Cheddar on wheat Bread 	
TUSCAN BISTRO	Sausage Pizza Buffalo Chicken Stromboli	Broccoli White Pizza  Chicken Roll	Chicken Parm Pizza Veggie Calzone 	Margherita Pizza  BBQ Chicken Stromboli	Cheese Pizza  Pepperoni Pizza	



MAKE THE CHOICE THAT'S RIGHT FOR YOU.



EAT WELL



LOCALLY SOURCED



VEGETARIAN



VEGAN



PLANT-CENTRIC

BREAKFAST/ LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RETAIL BREAKFAST WAKIN' UP	BLT & Avocado Toast with Eggs 	Taco Omelet 	Veggie Frittata 	Waffle Bar Assorted Toppings	Ultimate Breakfast Bagel
KETTLE SOUP	Chicken Noodle	Beef Chili	Corn Chowder 	Chicken Pot Pie	Cream of Broccoli 
CITY GRILL	Philly Burger With Peppers, Onions, Cheese Sauce, Pretzel Roll 	Grilled Portobello Tacos with Lime Cilantro Crema 	Crispy chicken Wrap with Sweet Chili Mayo 	Avocado Grilled Cheese 	Buffalo Turkey Burger with Salt & Pepper Fries 
ROOTED	Veggie Jambalaya 	Quinoa Stuffed Tomatoes 	Tofu Veggie Brown rice Bowl 	Beyond Sausage and Peppers 	Brazilian Black Bean Stew 
OASIS GRILL	Turkey Chili Steamed White Rice 	Roasted Pork Loin Stewed Red Beans 	Braised Beef in Tomato Sauce Sauteed Kale 	Lemon Garlic Chicken Thyme Roasted Potatoes 	Chicken Pot Pie Stew with Wild Rice Roasted Green Beans 
GLOBAL FLAVOUR	Birria Beef Taco Casserole Southwestern Rice Bake 	Sweet Italian Sausage with Peppers and Onions Tofu Cacciatore 	Oven Roasted Turkey with Gravy Adobo Roasted Cauliflower 	Orange Chicken with Lo Mein Five Vegetable Fried Rice 	Pesto Roasted Pork Zucchini Parmesan 
ON THE SIDE	Fried Plantains  Cocina Vegetables 	Italian Roasted Potatoes  Roasted Mushrooms 	Smashed Red Bliss Potatoes  Green Beans and Carrots 	Stir Fry Vegetables  Vegetable Egg Roll 	Oven Roasted Carrot Fries  Lemon Olive Oil Sauteed Broccoli 
URBAN EATS	<b>Street Tacos</b>	Black Bean & Cheese Taco  Chili Lime Shrimp Tacos	Pollo Loco Tacos	Red Rice  Spiced Black Beans 	Pico Di Gallo  Salsa Verde 
MADE TO ORDER DELI	Southwestern Chicken Caesar Wrap 	Chopped BLT Salad Hero 	BBQ Roast Beef & Cheddar Hero 	Falafel Pita Sandwich 	Avocado Chicken Salad Sandwich 
TUSCAN BISTRO	Mushroom Pizza  Meatball Calzone	Meat Lovers Pizza Cheese Stromboli 	White Pizza  Sausage Calzone 	Buffalo Chicken Pizza  Veggie Calzone 	Cheese Pizza  Pepperoni Stromboli 