

Middle/Senior School Sample Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Meatless Monday Choice of Sandwich Vegan chickpea salad Egg salad Tuna salad Wow butter & jam Big salad of the day Greek salad with mixed greens, vegetables, white beans, feta cheese & olives Pasta of the day Pasta with roasted muhammara sauce Hot option Potato & cheese focaccia with soup of the day	Choice of Sandwich Ham & cheese Vegan chickpea salad Egg salad Tuna salad Wow butter & jam Chicken Caesar wrap Big salad of the day Beef/vegetarian taco salad with organic black beans & cilantro dressing Pasta of the day Creamy pasta with parmesan cheese Hot option Sweet & spicy roasted chicken drumsticks with chow mein noodles & mixed vegetables	Choice of Sandwich Ham & cheese Vegan chickpea salad Egg salad Tuna salad Wow butter & jam Chicken Caesar wrap Big salad of the day Chicken/vegetarian Caesar salad with croutons, cheese & creamy garlic dressing Pasta of the day Baked ziti with beef or vegetarian Bolognese sauce	Choice of Sandwich Ham & cheese Vegan chickpea salad Egg salad Tuna salad Wow butter & jam Chicken Caesar wrap Big salad of the day Roast chicken/vegetarian salad with quinoa, pumpkin seeds, cranberries & pickled beets Pasta of the day Teriyaki noodle with mixed vegetables & tofu Hot option Oven baked chicken parmesan with garlic butter noodles & green beans	Choice of Sandwich Ham & cheese Vegan chickpea salad Egg salad Tuna salad Wow butter & jam Chicken Caesar wrap Big salad of the day Garden salad with ham, cheese, mixed vegetables & balsamic vinaigrette Pasta of the day Parmesan pasta with garlicky herb breadcrumbs Hot option Mixed vegetable curry with rice & naan