LANCASTER COUNTRY DAY SCHOOL

Week 2

Metz CULINARY MANAGEMENT

	Monday 26-Oct	Tuesday 27-Oct	Wednesday 28-Oct	Thursday 29-Oct	Friday 30-Oct
Cycle 1	*National Pumplin Day*	*Tuesday*	*National Chocolate Day*	*National Oatmeal Day*	*National Candy Corn Day*
Main Plate	*Chicken Broccoli Alfredo* *Broccoli Alfredo* *Garlic Bread* *Ceasar Salad (Cold)* *Penne & Sauce*	*Chicken Gyro* *Greek Stuffed Peppers* *Spanakopita* *Greek Vegetables* *Penne & Sauce*	*Baked Cod* *Vegetable Frittata* *Rice* *Cauliflower* *Penne & Sauce*	*BBQ Pulled Pork Sandwiches* *Stuffed Acorn Squash* *Sweet Potato Fries* *Corn on the Cob* *Penne & Sauce*	*Cheese Pizza* *Italian Stromboli* *Vegetable Blend* *Penne & Sauce*
J. Clark's Grille	*Cheeseburgers, Corn Dogs, Chicken Patties, Hot Dogs & Veggie Burgers*	*Cheeseburgers, Corn Dogs, Chicken Patties, Hot Dogs & Veggie Burgers*	*Cheeseburgers, Corn Dogs, Chicken Patties, Hot Dogs & Veggie Burgers*	*Cheeseburgers, Corn Dogs, Chicken Patties, Hot Dogs & Veggie Burgers*	*Cheeseburgers, Corn Dogs, Chicken Patties, Hot Dogs & Veggie Burgers*
green scene farm to table fare	*Broccoli Salad*	*Stuffed Grape Leaves*	*Fresh Fruit Salad*	*Coleslaw*	*Chefs Choice*
duJour	*French Market*	*Butternut Squash*	*Italian Wedding*	*Cauliflower & Cheddar*	*Chefs Choice*
	Vegetarian	***Vegan***	***Gluten Free***	***Live Well***	

Thoroughly cooking meats, seafood, shellfish and eggs reduces risk of food borne illness.
Live Well items allow guests to determine offerings limited in use of saturated fats, lower calories and lower sodium.