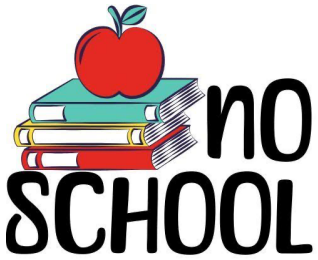
LANCASTER COUNTRY DAY SCHOOL

Week 3

Metz CULINARY MANAGEMENT

	Monday 2-Nov	Tuesday 3-Nov	Wednesday 4-Nov	Thursday 5-Nov	Friday 6-Nov
Cycle 1	*No School*	*National Sandwich Day*	*National Candy Day*	*National Chinese Day*	*National Nachos Day*
Main Plate		*Beef Goulash* GF *Cheese Goulash* GF *Garlic Bread* GF *Broccoli* GF *Penne & Sauce*	*French Toast/Waffles* *Hashbrowns* GF *Sausage Patty* GF *Eggs* GF *Penne & Sauce*	*Beef Nachos* *Cheese Quesadilla* *Rice* GF *Corn* GF *Penne & Sauce*	*Cheese/Pepperoni Pizza* *Boneless Wings* *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*
green scene farm to table fare		*Peaches* GF	*Taco Dip* GF	*Cantaloupe* GF	*Chefs Choice*
duJour		*Roasted Sweet Pepper* GF	*Tomato* GF	*Sausage Potato* GF	*Chefs Choice*

V *Vegetarian* Ve *Vegan* GF *Gluten Free* Live Well *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.