LANCASTER COUNTRY DAY SCHOOL

Week 4

Metz CULINARY MANAGEMENT

	Monday 9-Nov	Tuesday 10-Nov	Wednesday 11-Nov	Thursday 12-Nov	Friday 13-Nov
Cycle 1	*National Greek Yogurt Day*	*National Vanilla Cupcake Day*	*National Dessert Day*	*Thursday*	*Friday*
Main Plate	*Baked Potato Bar* (GF) *Chili* (GF) *Broccoli* (GF) *Corn Bread* *Penne & Sauce*	*Hawaiian BBQ Chicken Taco* *Vegetable Taco* (GF) *Churros* *Mexican Rice* (GF) *Penne & Sauce*	*Italian Sausage* *Black Bean Sweet Potato Burrito* *French Fries* (GF) *Zucchini* (GF) *Penne & Sauce*	*General Tso Chicken* *Vegetable Rice Bake* *Pork Egg Rolls* *Broccoli* *Penne & Sauce*	*Cheese/Pepperoni Pizza* *Boneless Wings* *Vegetable Blend* (GF) *Penne & Sauce*
J. Clark's Grille	*Cheeseburgers, Chicken Patties, Chicken Breast, Hot Dogs & Veggie Burgers, Corn Dog*	*Cheeseburgers, Chicken Patties, Chicken Breast, Hot Dogs & Veggie Burgers, Corn Dog*	*Cheeseburgers, Chicken Patties, Chicken Breast, Hot Dogs & Veggie Burgers, Corn Dog*	*Cheeseburgers, Chicken Patties, Chicken Breast, Hot Dogs & Veggie Burgers, Corn Dog*	*Cheeseburgers, Chicken Patties, Chicken Breast, Hot Dogs & Veggie Burgers, Corn Dog*
green scene farm to table fare	*Fruit Salad* (GF)	*BLT Pasta Salad*	*Egg Salad* (GF)	*Strawberry Yogurt* (GF)	*Chefs Choice*
duJour	*Beef Chili* (GF)	*Carrot Coriander*	*French Onion* (GF)	*Asian Noodle*	*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.