LANCASTER COUNTRY DAY SCHOOL

Week 1

Metz CULINARY MANAGEMENT

	Monday 16-Nov	Tuesday 17-Nov	Wednesday 18-Nov	Thursday 19-Nov	Friday 20-Nov
Cycle 1	*National Fast Food Day*	*National Homemade Bread Day*	*National Apple Cider Day*	*Thursday*	*National Peanut Butter Fudge Day*
Main Plate	*Chicken Tenders* *Macaroni & Cheese* *French Fries* GF *Broccoli* GF *Penne & Sauce*	*Build Your Own Sub* *Boscoe Sticks* *Penne & Sauce*	*Chicken & Vegetable Dumplings* *Vegetable Dumplings* *Naan Bread* *Spring Rolls* *Penne & Sauce*	*Bacon Cheeseburger* *Southwestern Flatbread* *Onion Rings* *Green Beans* GF *Penne & Sauce*	*Cheese Pizza* *Pepperoni Pizza* *Boneless Wings* *Vegetable Blend* GF *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	*Pasta Salad*	*Peaches* GF	*Tomato Caprese* GF	*Banana Pudding* GF	*Chefs Choice*
duJour	*Chicken Rice* GF	*Chicken Dumpling*	*Cheddar Broccoli* GF	*Beef Barley*	*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.