FOUR SEASONS
food service management

Hot Lunch

UNION CATHOLIC HIGH SCHOOL · WINTER 2026–27

Prepared fresh on site daily.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 11/23	· Chicken cutlet bruschetta · Bacon cheeseburger · Popcorn chicken · Vegetable lo mein · Kale & vegetable dumplings	· Meatball panini · Chicken tenders · Cheese ravioli · Mini tacos · Party hero slice	· Chicken & rice bowl · Deli panini · Chicken quesadillas · Rigatoni w/ broccoli · Pizza bites	**Happy *Thanksgiving!*** No lunch service **Thu Nov 26 – Fri Nov 27**. **Black Friday · Nov 27:** 5% off Red Dining Cards — new cards & reloads at fspreorder.com. Code **BLACKFRIDAY26**	
WEEK 2 11/30	· Spaghetti & meatballs · Beef stir-fry · Meatball hero · Popcorn chicken · Baked potato bar	· Ham & swiss panini · Chicken tenders · Beef taco bowl · Tortellini alfredo w/ peas · Breakfast for lunch — french toast sticks and bacon, tater tots	· Stuffed shells & dinner roll · Chicken quesadillas · Pork chop w/ sauerkraut & apple sauce · Potato pierogies	· Sausage & peppers · Chicken parmigiana · Hamburger / cheeseburger · Mac & cheese wedges · Pasta w/ butter & garlic	· Mozzarella, tomato & roasted pepper panini · Pizza · Pasta w/ vodka sauce · Mozzarella sticks · Chicken nuggets
WEEK 3 12/7	· Pulled pork sandwich · Popcorn chicken · Chicken tacos · Tortellini alfredo w/ peas · Roasted potatoes	**CHRISTMAS LUNCH** · **Christmas ham** · **Mashed potatoes** · **Green beans** · Chicken tenders · Macaroni & cheese	· Mini corn dogs · Crispy chicken sandwich · Chicken quesadillas · Spaghetti w/ garlic & oil · Grilled cheese	· Chicken stir-fry · Fried rice · Hamburger / cheeseburger · Mac & cheese wedges · Chicken fries	· Frittata · Pizza · Pasta w/ vodka sauce · Cuban panini · Mozzarella sticks · Chicken nuggets
WEEK 4 12/14	· Beef empanadas · Chicken & rice bowl · Chicken tenders · Pasta marinara · Grilled cheese	· Roast beef panini · Popcorn chicken · Beef tacos · Spaghetti w/ garlic & oil · Pizza bites	· Chicken quesadillas · Rigatoni w/ broccoli · Potatoes & eggs sub · Pizza egg roll · Hot dog	· Roasted chicken wings · Chicken parmigiana · Hamburger / cheeseburger · Spaghetti w/ butter · Onion rings	· Beef burrito · Pizza · Pasta w/ vodka sauce · Chicken pot pie · Mozzarella sticks · Chicken nuggets
WEEK 5 12/21	· Hot roast beef w/ onion rings · Buffalo wings · Panini — turkey, bacon & cheese · Macaroni & cheese · Popcorn chicken	· Philly cheese steak · Chicken tenders · Pasta marinara · Jamaican beef patty · Grilled chicken club	**Merry Christmas & Happy New Year!** **Christmas break · Wed Dec 23 – Fri Jan 1** No lunch service. Lunch resumes **Mon, Jan 4** (Week 1).		

AVAILABLE DAILY

Grab & go sandwiches
Grab & go salads
Parfaits & overnight oats
Fruit cups & whole fruit
Hummus & crudité
Snacks & drinks

SALAD & WRAP BAR

Build a salad, wrap or bowl. Add rice for a burrito, fries for a combo. Açaí bowls daily.

SIDES

Vegetable of the day, roasted or mashed potatoes, french fries, onion rings, mixed salad, rice, beans, fruit. Varies with the entrées.

PRE-ORDER

Skip the line. Order ahead at **fspreorder.com** — salads, wraps, breakfast, vegetarian and gluten-free. Order the day before, or by 8:30 am the day of.

DINING CARD ALERTS

Purchase & low-balance alerts for your Red Dining Card.

Scan or tap to enroll.

fourseasonsfsm.com/dining-card-alerts

FIVE-WEEK CYCLE

Each week is dated. Skip menu days for closings, holidays and non-service days; refer to your school calendar. Menu subject to change with market availability.

FOOD ALLERGY NOTICE: If your child has a food allergy or special dietary need, please contact Four Seasons before ordering at info@fourseasonsfsm.com.

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