Flik INDEPENDENT SCHOOL DINING

March 2012
Heathwood Hall

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 **Lunch** Chicken Noodle Soup Homemade Meatloaf Grilled Portabella Mushrooms Yukon Gold Mashed Potatoes Honey Glazed Carrots Pineapple Turkey Rueben	**2** **Lunch** Split Pea Soup Southern Sweet Potato Cassarole Grilled Vegetable Stacker Stuffed Tomato Steamed Green Beans Cookies Ham and Turkey Club Wrap
5 **Lunch** Minestrone Soup Pasta with Marinara Sauce Spinach Lasagne Green Beans Roasted Baby Carrots Fresh Fruit Salad Chicken Caesar Wrap	**6** Veggies Matter **Lunch** Vegetarian Chili Mongolian Beef Vegetable Stir-Fry Brown Rice Fried Rice Kiwi Roast Beef on Onion Roll	**7** **Lunch** Pinto Bean Soup Slow Cooked Pork Carnitas with Tortillas Grilled Vegetable Taco Mexican Rice Corn and Peppers Fresh Fruit Salad Ham and Provolone Wrap	**8** **Lunch** Vegetarian Chili Philly Cheese Steaks With Peppers and Onions Sauteed Tofu with Peppers and Onions Potato Wedges Steamed Broccoli with Lemon Peach Cobbler BBQ Sandwich	**9** **Lunch** Miso Soup Chicken Teriyaki Chick Pea Stew Steamed Rice Greens Fortune Cookie Thai Basil Wrap
12	**13** **Lunch** Broccoli Cheddar Soup Italian Feast Vegetarian Lasagna Italian Stir Fry Vegetables Peanut Butter Pie Tomato, Mozzerella, and Basil Sandwich	**14** **Lunch** Bean Soup Arroz con cerdo (pork and rice) Spinach Cassarole Roasted Grape Tomatoes Green Beans Banana Roast Beef on Kaiser	**15** **Lunch** Irish Stew Corned Beef and Cabbage Meatless Irish Stew New Potatoes Roasted Root Vegetables Cookies Reuben	**16**
19 **Lunch** Minestrone Soup Roasted Chicken Spinach and Cheddar Quiche Whole Wheat Couscous Roasted Root Vegetables Apples Chicken Salad on Whole Wheat	**20** **Lunch** Tomato with Basil Soup Grilled Hamburgers on Whole Wheat Bun Vegetable Burger Roasted Sweet Potato Wedges Yellow Squash Jello with Fruit Ceaser Salad Wrap	**21** **Lunch** Three Bean Chili BBQ Pulled Pork Bean Cake Quinoa Rice Pilaf Stewed Cabbage Banana Pudding Roasted Turkey Club	**22**	**23** **Lunch** Cream of Spinach Fettucini Alfredo w/ Vegetables Green Peas Bread Sticks Banana Pudding Hot Italian Sub
26 **Lunch** Mushroom Soup Loaded Baked Potato with Toppings Bean and Beef Chili Steamed Broccoli with Cheese Sauce Kiwi Tart Ham and Turkey Club Wrap	**27** **Lunch** Mulligatawny Soup Chicken Bog Chick Pea Stew Green Beans Corn Bread Fresh Fruit Cajun Turkey Wrap	**28** **Lunch** Sausage and Lentil Soup Turkey Sloppy Joe's on Whole Wheat Rolls Grilled Portabella Mushrooms Tator Tots Corn Banana Roast Beef and Cheddar	**29** **Lunch** Chicken and Rice Soup Spaghetti with Meat Sauce Stuffed Zucchini Green Beans Bread Brownie Turkey and Cheddar Sub	**30** Food Focus **Lunch** Pho Asian Beef Vegetable Lo Mein Stir Fried Rice Fresh Vegetables Dessert Vietnamese Beef Wrap

Daily Offerings

Deluxe Salad Bar with House-Made Dressings, Deli Bar with House-Made Turkey and Roast Beef, 100% Fruit Juice, Low-Fat Milk