Flik INDEPENDENT SCHOOL DINING

March 2012
St. Mark's School

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 **Breakfast** Chocolate Chip Pancakes Pancakes Waffles Scrambled Eggs Corned Beef Hash Hot Oatmeal Home Fries Fresh Cut Fruit & Yogurt **Lunch** Clam Chowder Beef Stew Honey Mustard Chicken Sandwich Fettucine with Pesto O'Brien Potatoes Steamed Broccoli **Dinner** Beef, Refried Beans & Cheese Burrito Baked Chicken Tandoori Mexican Rice Peas	2	3
4 **Breakfast** No Meal Service- Spring Break	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 **Dinner** Minestrone Soup Fried Chicken Fingers with Assorted Sauces Roast Stuffed Pork Loin Grilled Ricotta Stuffed Eggplant Green Beans	20 **Breakfast** Blueberry Pancakes Plain Pancakes Scrambled Eggs Waffles Sausage Links Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Hot & Sour Soup Pulled Pork Sandwich with Cole Slaw General Gau's Chicken Stir Fry Tofu & Vegetables Julienned Carrots & Pea Pods jasmine Rice **Dinner** Fried Raviolis Marinara Grilled Chicken Breast with Diced Tomatoes & Artichokes	21 **Breakfast** Scrambled Eggs Hot Oatmeal Chocolate Chip or Blueberry Pancakes Homefries Bacon **Lunch** Chicken Noodle Soup Wraps- Roast Beef, Caesar, Chicken Salad & Turkey Macaroni & Cheese Oriental Pasta Salad Broccoli Salad Summer Squash & Zucchini **Dinner** Cracker Crusted Fresh Haddock Italian Sausage Cacciatore Grilled Polenta with Tomato Sauce	22 **Breakfast** Chocolate Chip Pancakes Pancakes Waffles Scrambled Eggs Corned Beef Hash Hot Oatmeal Home Fries Fresh Cut Fruit & Yogurt **Lunch** New England Clam Chowder Grilled Ham & Cheese on Peasant Bread Grilled Citrus Chicken Vegetable Lo-Mein Roasted Sweet Potatoes Cheesy Cauliflower **Dinner** Panko Crusted Chicken & Stir Fry Vegetables Italian Meatball Sub Vegetarian Chili	23 **Breakfast** Texas & Fruit Bread French Toast Scrambled Eggs Waffles Corned Beef Hash Homefries **Lunch** Seated Meal- Make Your Own Taco Mexican Rice Roasted Corn & Black Bean Salad with Tortilla Strips **Dinner** Beef Barley Braised BBQ Spare Ribs Chicken Empanadas Penne Pasta Primavera Potato Wedges Brussels Sprouts with Bacon & Onions	24 **Breakfast** Texas Bread French Toast Scrambled Eggs Grilled Sliced Kielbasa Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Chicken & Rice Soup Chicken Piccata Pasta Steamed Hot Dogs & Rolls Homemade Nacho Chips Buttered Corn **Dinner** BBQ Chicken Drumsticks & Wings Fried Tilapia Grilled Veggie Wrap with Hummus French Fries Roasted Carrots

		Artichokes Lentil Stuffed Portabella Roasted Potatoes Broccoli	Sauce Buttered Orzo Honey Carrots	Vegetarian Chili Stir Fry Rice Fresh Green Beans		
25 **Brunch** Pancakes Scrambled Eggs Waffles Omelets Chef's Choice Bacon Home Fries Hot Oatmeal	**26** **Breakfast** Texas Bread French Toast Assorted Fruit Bread French Toast Waffles Scrambled Eggs Sausage Patties Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Seated Meal- Cheeseburgers, French Fries, Corn & Caesar Salad **Dinner** Chicken Noodle soup Marinated Pork & Vegetable Stir Fry Fried Fish Couscous Stuffed Red Pepper Green Peas	**27** **Breakfast** Blueberry Pancakes Plain Pancakes Scrambled Eggs Waffles Sausage Links Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Cream of Broccoli Beef & Chicken Fajitas Grilled turkey, Smoked Gouda & Bacon Sandwich Stir Fry Tofu & Vegetables Roasted Sweet Potatoes Zucchini & Roasted Red Peppers **Dinner** Beef Stroganoff with Buttered Noodles Oriental Orange Chicken with Jasmine Rice Tempeh with Coconut Milk Steamed Broccoli	**28** **Breakfast** Scrambled Eggs Hot Oatmeal Chocolate Chip or Blueberry Pancakes Homefries Bacon **Lunch** Black Bean Soup Steamed Mussels Tuna Salad, Chicken Salad, Smoked Turkey Finger Sandwiches Vegetarian Roll Ups Fresh Tomato Bruschetta Baked Crustini Mexican Corn **Dinner** Seared Salmon with Lemon Butter Carved Oriental BBQ Glazed Pork Loin Scalloped Potatoes Vegetable Medley	**29** **Breakfast** Plain & Chocolate Chip Pancakes Waffles Scrambled Eggs Homefries Corned Beef Hash Oatmeal Fresh Fruit & Yogurt **Lunch** Mushroom Barley Soup Steamed Hot Dogs & Rolls Grilled Chicken Teriyaki Cilantro Beef Broth with Rice Noodles Orange Glazed Carrots **Dinner** Fried Chicken, Biscuits & Gravy with Cole Slaw Italian Stuffed Shells Sour Cream & Chive Mashed Potatoes Green Beans	**30** **Breakfast** Texas & Fruit Bread French Toast Scrambled Eggs Waffles Corned Beef Hash Homefries **Lunch** Seated Meal- Chicken & Vegetable Stir Fry Asian Salad Jasmine Rice Fresh Vegetables Rice Pilaf **Dinner** Fried Fish Grilled Turkey Burger Eggplant Rotini French Fries Braised Red Cabbage, Apple & Bacon	**31** **Breakfast** Texas Bread French Toast Scrambled Eggs Grilled Sliced Kielbasa Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Tomato Soup Grilled Cheese, Tomato & Bacon Sandwich Macaroni & Cheese Baked Potato Bar Fresh Broccoli & Cauliflower **Dinner** Baked Ham with Sweet & Sour Sauce Sauteed Buffalo Chicken Oven Roasted Potato Zucchini & Summer Squash