Flik INDEPENDENT SCHOOL DINING

April 2012
St. Mark's School

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **Brunch** Pancakes Scrambled Eggs Waffles Omelets Chef's Choice of Hot Entree Bacon Home Fries Hot Oatmeal	**2** **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- Sweet & Sour Chicken with Stir Fry Vegetables Jasmine Rice Tossed Salad **Dinner** Cream of Chicken Soup Pork Cutlet Parmesan Linguine with Oil & Garlic Grilled Chicken & Cheese Quesadillas Vegetable Stuffed Tomato Steamed Broccoli	**3** **Breakfast** Blueberry Pancakes Plain Pancakes Scrambled Eggs Waffles Sausage Links Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Potato & Cheddar Soup Southwestern Chicken Breast with Roasted Corn & Black Beans Fried Fish Sandwich on Bulkie Roll Veggie Burger with Peppers & Onions Lyonnaise Potatoes Buttered Carrots **Dinner** Fried Chicken Tenders Cheese Ravioli Eggplant Parmesan Oven Roasted Potatoes Zucchini & Summer Squash	**4** **Breakfast** Scrambled Eggs Hot Oatmeal Chocolate Chip or Blueberry Pancakes Homefries Bacon **Lunch** Onion Soup Make Your Own Pita-Caesar Salad, Sliced Chicken, Sliced Turkey, Chicken Salad, Tuna Salad, Roasted Vegetables Rice & Black Beans Fresh Peas **Dinner** Hot Sliced Roast Beef Macaroni & Cheese Mashed Potatoes Vegetable Medley	**5** **Breakfast** Plain & Chocolate Chip Pancakes Waffles Scrambled Eggs Homefries Corned Beef Hash Oatmeal Fresh Fruit & Yogurt **Lunch** Turkey Vegetable Soup Grilled Chicken & Pasta Bruschetta with Crustini Tuna Melt Soba Noodles with Tofu Sweet Potato Hash Peas & Carrots **Dinner** Sauteed Chicken Marsala Fried Fish Tacos Israeli Couscous with Golden Beets Rice Pilaf Green Beans	**6** **Breakfast** Texas & Fruit Bread French Toast Scrambled Eggs Waffles Corned Beef Hash Homefries **Lunch** Seated Meal- Sliced Turkey with Grave, Mashed Potatoes, Corn & Stuffing Caesar Salad Rolls & Butter **Dinner** Broiled Salmon Italian Sausage Lasagna Vegetable Potato Pancakes Cauliflower and Carrots	**7** **Breakfast** Texas Bread French Toast Scrambled Eggs Grilled Sliced Kielbasa Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Cream of Broccoli Soup Grilled Cheese Sandwich Italian Meatball Subs Penne Pasta & Fresh Vegetables Primavera Sweet Potato Fries Steamed Broccoli **Dinner** Chicken Orzo Soup Sauteed Chicken with Supreme Sauce Beef & Bean Chili Grilled Veggie & Cheese Wraps Rice Pilaf Roasted Carrots
8 **Brunch** Pancakes Scrambled Eggs Waffles Omelets Chef's Choice of Hot Entree Bacon Home Fries Hot Oatmeal **Dinner** Nacho Bar Assorted Wings Tortellini with Spinach & Red Pepper Corn	**9** **Breakfast** Texas Bread French Toast Assorted Fruit Bread French Toast Scrambled Eggs Sausage Patties Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Seated Meal- Sausage Cacciatore, Cheese Ravioli & Garlic Bread Salad with Provolone Cheese And Balsamic Vinaigrette **Dinner** Swedish Meatballs Chicken Teriyaki with Vegetable Stir Fry Grilled Chicken & Cheese Quesadillas Grilled Polenta Cacciatore Green Beans	**10** **Breakfast** Blueberry Pancakes Plain Pancakes Scrambled Eggs Waffles Sausage Links Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Corn Chowder Grilled Peppersteak Sub with Cheese Sauce Turkey Burgers with Swiss Cheese Pasta and Fresh Vegetables Primavera Shoestring Fries Steamed Broccoli **Dinner** Chicken Maryland with Corn Fritters Tried Colored Tortellini w/Pesto Vegetable Pizza Baked Potato Fries Zucchini & Summer Squash	**11** **Breakfast** Scrambled Eggs Hot Oatmeal Chocolate Chip or Blueberry Pancakes Homefries Bacon **Lunch** Beef Barley Soup Wraps- Smoked Turkey, Buffalo Chicken, Tuna, Grilled Vegetable Served with Fresh Tomato Salsa, Tortilla Chips & Chick Pea Fries Cheesy Cauliflower **Dinner** Breakfast at Dinner Make Your Own Breakfast Burrito Scrambled Eggs, Scrambled Eggs with Ham & Cheese Chocolate Chip & Plain Pancakes Homefries Corned Beef Hash	**12** **Breakfast** Plain & Chocolate Chip Pancakes Waffles Scrambled Eggs Homefries Corned Beef Hash Oatmeal Fresh Fruit & Yogurt **Lunch** Clam Chowder Fried Honey Mustard Chicken Sandwich Gnocchi Bolognese Grilled Veggie Burger with Peppers & Onions Fresh Buttered Carrots **Dinner** Grilled Chicken with Light Supreme Sauce Hungarian Goulash Stuffed Portabella Mushroom Buttered Noodles & Chives Fresh Vegetables	**13** **Breakfast** Texas & Fruit Bread French Toast Scrambled Eggs Waffles Corned Beef Hash Homefries **Lunch** Seated Meal- Chicken Pot Pie with warm Biscuits, Fresh Vegetable & Caesar Salad Caesar Salad Rolls & Butter **Dinner** Tomato Soup Roasted Sliced Roast Beef with Gravy Macaroni & Cheese Spinach & Feta Quiche Butternut Squash Oven Roasted Potato	**14** **Breakfast** Texas Bread French Toast Scrambled Eggs Grilled Sliced Kielbasa Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Linguine with Meatballs Southwestern Chicken Wraps Turkey Wraps Primavera Fresh Vegetables **Dinner** Braised BBQ Pork ribs Fried Chicken Tenders Pasta Primavera Corn Bread
15	**16**	**17**	**18**	**19**	**20**	**21**

Breakfast * 9:00am- 11:00am Continental Breakfast **Lunch** * 12:00pm- 1:30pm * Picnic on VI Form Quad Featuring Steamed Hot Dogs, Assorted Lunchmeats, Salads, Rolls & Breads, Chips, Watermelon, Cookies & Cold Drinks **Dinner** Grilled Cheeseburgers Roasted Chicken Vegetarian Entree Corn	**Breakfast** Texas Bread French Toast Assorted Fruit Bread French Toast Scrambled Eggs Sausage Patties Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Beef Barley Soup Grilled Chicken Chef's Choice of additional Hot Entrees Garlic Bread Linguine with Oil & Garlic **Dinner** Chicken & Orzo Soup Beef Pot Roast with Gravy Baked Mexican Lasagna Meatless Mexican Lasagna Mashed Potatoes Fresh Medley of Vegetables	**Breakfast** Blueberry Pancakes Plain Pancakes Scrambled Eggs Waffles Sausage Links Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Cream of Mushroom Grilled Smoked Turkey, Swiss, Bacon & Apple Butter on Portuguese Bread Grilled Jamaican Jerk Chicken Pasta and Fresh Vegetables with Pesto Roasted Carrots **Dinner** Seated Meal- Barbeque Beef Salad and Vegetables	**Breakfast** Scrambled Eggs Hot Oatmeal Chocolate Chip or Blueberry Pancakes Homefries Bacon **Lunch** Onion Soup Turkey Chili with White Rice Rigatoni with Marinara Sauce, Meat Sauce or Pesto Cheese Tortellini Caesar Salad Garlic Bread **Dinner** Seafood Gumbo Charbroiled Salisbury Steak with Gravy Vegetarian Stuffed Tomato O'Brien Potatoes Corn	**Breakfast** Plain & Chocolate Chip Pancakes Waffles Scrambled Eggs Homefries Corned Beef Hash Oatmeal Fresh Fruit & Yogurt **Lunch** Italian Wedding Soup Cheese, Pepperoni & Vegetable Pizza Grilled Veggie Burger with Peppers & Onions Steamed Broccoli **Dinner** Blackened Salmon with Mango Salsa Sauteed Buffalo Chicken Eggplant Parmesan Baked Red Bliss Potatoes Fresh Green Beans	**Breakfast** Texas & Fruit Bread French Toast Scrambled Eggs Waffles Corned Beef Hash Homefries **Lunch** Seated Meal- Cuban Chicken with Jicama Slaw, Rice & Beans & Salad **Dinner** Carved Turkey Breast with Gravy Baked Chicken Noodle Casserole Vegetarian Falafel with Cucumber & Mint Green Peas Oven Roasted Potato	**Breakfast** Texas Bread French Toast Scrambled Eggs Grilled Sliced Kielbasa Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Tomato Soup Italian Sausage Grinder with Peppers & Onions Sauteed Chicken Bruschetta Vegetarian Quesadillas Steamed Corn Sweet Potato Fries **Dinner** Fried Chicken Parmesan with Provolone Baked Potato Bar Pasta Primavera Steamed Zucchini & Summer Squash
22 **Brunch** Pancakes Scrambled Eggs Waffles Omelets Chef's Choice of Hot Entree Bacon Home Fries Hot Oatmeal **Dinner** Taco Bar Stir Fry Chicken with Broccoli, Water Chestnuts & Pea Pods Vegetarian Stuffed Red Pepper Corn	**23** **Breakfast** Texas Bread French Toast Assorted Fruit Bread French Toast Scrambled Eggs Sausage Patties Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Chicken Noodle Soup Grilled Chicken with Pesto Italian Sausage with Peppers & Onions Tempeh with Stir Fry Vegetables Linguine with Oil & Garlic Garlic Bread Steamed Corn **Dinner** Chicken Noodle Soup Fish & Chips with Tartar Sauce Grilled BBQ Chicken Linguine with Vegetables French Fries Fresh Broccoli	**24** **Breakfast** Blueberry Pancakes Plain Pancakes Scrambled Eggs Waffles Sausage Links Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Vegetable Soup Honey Mustard Chicken Sandwich Grilled Ham, Tomato & Cheddar on Marble Falafel with Cucumber & Mint Cheesy Cauliflower Buttered Egg Noodles **Dinner** Beef & Broccoli Stir Fry Grilled Chicken and Pasta Santa Fe Stuffed Portabella Mushrooms Steamed Summer Squash & Carrots Jasmine Rice	**25** **Breakfast** Scrambled Eggs Hot Oatmeal Chocolate Chip or Blueberry Pancakes Homefries Bacon **Lunch** Black Bean Soup Make Your Own Pita Pocket with Hot Roasted Vegetables, Roast Beef, Tuna, Turkey, Chicken Caesar **Dinner** Steamed Hot Dogs & Rolls Grilled Chicken with Supreme Sauce Green Beans Oven Roasted Potatoes	Traveling Flavors **26** **Breakfast** Plain & Chocolate Chip Pancakes Waffles Scrambled Eggs Homefries Corned Beef Hash Oatmeal Fresh Fruit & Yogurt **Lunch** ** Traveling Flavors ** The Majesty of Vietnam-- Pho Bo, Goi Cuon, Ga Quay Mat, Com Sot Ca Chua, Rau Muon Xao Toi Chicken Chow Mein with Crispy Noodles Crusted Tilapia with Apricot Glaze Fettucine with Pesto, Oil & Parmesan Cheese O'Brien Potatoes Steamed Broccoli **Dinner** Beef, Refried Beans & Cheese Burritos Baked Chicken Tandoori Refried Bean, Cheddar & Rice Burritos Mexican Rice Fresh Peas	**27** **Breakfast** Texas & Fruit Bread French Toast Scrambled Eggs Waffles Corned Beef Hash Homefries **Lunch** Seated Meal- Italian Meatballs with Rigatoni, Caesar Salad and Bread Sticks **Dinner** Carved Orange Glazed Pork Loin Baked Macaroni & Cheese Grilled Polenta with Marinara Sauce Corn Mashed Potatoes	**28** **Breakfast** Texas Bread French Toast Scrambled Eggs Grilled Sliced Kielbasa Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Chicken Fajita Bar Sliced Turkey Reuben Sandwich Vegetarian Stir Fry Buttered Carrots **Dinner** Grilled Cheeseburgers Cheese Raviolis French Fries Vegetable Medley
29 **Brunch** Pancakes Scrambled Eggs Waffles Omelets Chef's Choice of Hot Entree Bacon Home Fries Hot Oatmeal **Dinner** Sauteed Buffalo Chicken	**30** **Breakfast** Texas Bread French Toast Assorted Fruit Bread French Toast Scrambled Eggs Sausage Patties Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Seated Meal- Penne Pasta with Meatballs, Caesar					

with Bleu Cheese Dressing Four Cheese Pasta & Italian Sausage Bake Grilled Veggie Burger with Peppers & Onions Fresh Vegetables	Salad, Garlic Bread **Dinner** Minestrone Soup Fried Chicken Fingers with Assorted Sauces Roasted Stuffed Pork Loin Riccota Stuffed Eggplant Mashed Potatoes Green Beans					