Flik INDEPENDENT SCHOOL DINING

May 2012
St. Mark's School

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 **Breakfast** Blueberry Pancakes Plain Pancakes Scrambled Eggs Waffles Sausage Links Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Hot & Sour Soup General Gao's Chicken Grilled Cheese Sandwiches Stir Fry Tofu and Vegetables Julienne Carrots with Pea Pods Jasmine Rice **Dinner** Fried Raviolis Marinara Grilled Chicken Breast with Diced Tomatoes and Artichokes Lentil Stuffed Portabella Broccoli Roasted Potatoes	**2** **Breakfast** Scrambled Eggs Hot Oatmeal Chocolate Chip or Blueberry Pancakes Homefries Bacon **Lunch** Chicken Noodle Soup Caesar, Roast Beef, Chicken Salad and Turkey Wraps Macaroni & Cheese Broccoli Salad Oriental Pasta Salad Zucchini & Summer Squash **Dinner** Cracker Crusted Fresh Haddock Italian Sausage Cacciatore Grilled Polenta with Tomato Sauce Honey Carrots Buttered Orzo	**3** **Breakfast** Plain & Chocolate Chip Pancakes Waffles Scrambled Eggs Homefries Corned Beef Hash Oatmeal Fresh Fruit & Yogurt **Lunch** New England Clam Chowder Grilled Ham & Cheese on Peasant Bread Grilled Citrus Chicken Vegetable Lo-Mein Cheesy Cauliflower Roasted Sweet Potatoes **Dinner** Panko Crusted Chicken and Stir Fry Vegetables Italian Meatball Sub Vegetarian Chili Green Beans Stir Fry Rice	**4** **Breakfast** Texas & Fruit Bread French Toast Scrambled Eggs Waffles Corned Beef Hash Homefries **Lunch** Seated Meal- Make Your Own Taco, Mexican Rice, Salad with Roasted Corn, Black Beans, Tomatoes & Tortilla Strips **Dinner** Beef Barley Soup Braised BBQ Spare Ribs Chicken Empanadas Penne Pasta and Vegetable Primavera Brussel Sprouts with Bacon & Onion Potato Wedges	**5** **Breakfast** Texas Bread French Toast Scrambled Eggs Grilled Sliced Kielbasa Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Chicken and 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
6 **Brunch** Pancakes Scrambled Eggs Waffles Omelets Chef's Choice of Hot Entree Bacon Home Fries Hot Oatmeal	**7** **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- Cheeseburgers with French Fries, Corn and Caesar Salad **Dinner** Chicken Noodle Soup Marinated Pork and Vegetable Stir Fry Sauteed Chicken Piccata Couscous Stuffed Red Pepper Peas	**8** **Breakfast** Blueberry Pancakes Plain Pancakes Scrambled Eggs Waffles Sausage Links Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Cream of Broccoli Soup Beef & Chicken Fajitas Grilled Turkey, Smoked Gouda & Bacon Sandwich Stir Fry Tofu and Vegetables Roasted Sweet Potatoes Zucchini & Roasted Red Peppers **Dinner** Beef Stsroganoff with Buttered Noodles Asian Orange Chicken with Jasmine Rice Tempeh with Coconut Milk Steamed Broccoli	**9** **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 BBQ Glazed Pork Loin Scalloped Potatoes Vegetable Medley	**10** **Breakfast** Continental Breakfast 9:00-11:00 "The Omelet Man" will be making an appearance at the Continental Breakfast Bagels Cereals Oatmeal Fresh Fruit & Yogurt **Brunch** Served from 11:00 to 12:30 Chef's Choice for Breakfast Items and Hot Luncheon Items **Dinner** Fried Chicken, Biscuits, Gravy & Cole Slaw Italian Stuffed Shells Sour Cream & Chive Mashed Potatoes Green Beans	**11** **Breakfast** Texas & Fruit Bread French Toast Scrambled Eggs Waffles Corned Beef Hash Homefries **Lunch** Seated Meal- Asian Salad, Chicken and Vegetable Stir Fry with Jasmine Rice **Dinner** Fried Fish Grilled Turkey Burger Eggplant Rotini French Fries Braised Red Cabbage with Apple & Bacon	**12** **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 Potatoes Zucchini & Summer Squash
13	**14**	**15**	**16**	**17**	**18**	**19**

Brunch Pancakes Scrambled Eggs Waffles Omelets Chef's Choice of Hot Entree Bacon Home Fries Hot Oatmeal	**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- Sweet & Sour Chicken with Stir Fry Vegetables, jasmine Rice & Tossed Salad **Dinner** Cream of Chicken Soup Pork Cutlet Parmesan Grilled Chicken & Cheese Quesadillas Cheese Quesadillas Vegetable Stuffed Tomato Steamed Broccoli	**Breakfast** Blueberry Pancakes Plain Pancakes Scrambled Eggs Waffles Sausage Links Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Potato & Cheddar Soup Southwestern Chicken with Roasted Corn, Black Beans and Fried Tortilla Strips Fried Fish Sandwich on a Bulkie Roll Veggie Burgers with Peppers & Onions Lyonnaise Potatoes Buttered Carrots **Dinner** Fried Chicken Tenders Cheese Ravioli Baked Eggplant Parmesan Garlic Bread Zucchini & Summer Squash Oven Roasted Potatoes	**Breakfast** Scrambled Eggs Hot Oatmeal Chocolate Chip or Blueberry Pancakes Homefries Bacon **Lunch** Onion Soup Make Your Own Pita Pocket- Caesar Salad, Sliced Chicken, Sliced Turkey, Chicken or Tuna Salad Roasted Vegetables Rice & Black Beans Peas **Dinner** Hot Sliced Roast Beef Macaroni & Cheese Mashed Potatoes Vegetable Medley	**Breakfast** Plain & Chocolate Chip Pancakes Waffles Scrambled Eggs Homefries Corned Beef Hash Oatmeal Fresh Fruit & Yogurt **Lunch** Turkey Vegetable Soup Grilled Chicken & Pasta Grilled Italian Coldcut Sandwich Soba Noodles & Tofu summer Squash & Julienned Carrots Oven Roasted Sweet Potatoes **Dinner** Sauteed Chicken Marsala Fried Fish Tacos Israeli Couscous with Golden Beets Green Beans Rice Pilaf	**Breakfast** Texas & Fruit Bread French Toast Scrambled Eggs Waffles Corned Beef Hash Homefries **Lunch** Seated Meal- Sliced Turkey with Mashed Potatoes & Gravy, Corn, Stuffing & Caesar Salad, Rolls & Butter **Dinner** Broiled Salmon Baked Italian Sausage Lasagna Vegetable Potato Pancakes Carrots & Cauliflower	**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 Primavera with Frsh Vegetables Sweet Potato Fries Steamed Broccoli **Dinner** Chicken Orzo Soup Sauteed Chicken with Supreme Sauce Beef & Bean Chili Grilled Vegetable & cheese Wraps Roasted Carrots Rice Pilaf
20 **Brunch** Pancakes Scrambled Eggs Waffles Omelets Chef's Choice of Hot Entree Bacon Home Fries Hot Oatmeal **Dinner** Wing Night Nacho Bar Tortellini with Spinach & Red Pepper Corn	**21** **Breakfast** Texas Bread French Toast Assorted Fruit Bread French Toast Scrambled Eggs Sausage Patties Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Chicken Orzo Soup Fried Ravioli Sausage Cacciatore Pasta Primavera with Pesto Zucchini & Summer Squash **Dinner** Swedish Meatballs Teriyaki Chicken & Vegetable Stir Fry Grilled Polenta Cacciatore Jasmine Rice Green Beans	**22** **Breakfast** Blueberry Pancakes Plain Pancakes Scrambled Eggs Waffles Sausage Links Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Corn Chowder Grilled Peppersteak & Cheese Sub Turkey Burgers with Swiss Cheese Pasta Primavera with Fresh Vegetables Steamed Broccoli Buttered Orzo **Dinner** Seated Meal- Turkey Dinner with Corn, Mashed Potatoes, Stuffing and Salad	**23** **Breakfast** Scrambled Eggs Hot Oatmeal Chocolate Chip or Blueberry Pancakes Homefries Bacon **Lunch** Corn Chowder Wraps- Smoked Turkey, Buffalo Chicken, Tuna, Grilled Vegetables Turkey Wings Chicken Wings Homemade Potato Chips Cheesy Cauliflower **Dinner** Breakfast at Dinner- Make your own Breakfast Burrito Scrambled Eggs, Scrambled Eggs with Ham & Cheese Plain & Chocolate Chip Pancakes Home Fries Corned Beef Hash	**24** **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 Oven Roasted Potatoes **Dinner** Grilled Chicken Breast with Supreme Sauce Pork Cutlet Parmesan Stuffed Portabella Mushrooms Buttered Noodles & Chives Fresh Vegetables	**25** **Breakfast** Texas & Fruit Bread French Toast Scrambled Eggs Waffles Corned Beef Hash Homefries **Lunch** Seated Meal- Fresh Vegetable and Chicken Teriyaki Stir Fry with Rice and Salad. Ice Cream Novelties for Dessert. **Dinner** Tomato Soup Pot Roast Salmon Spinach & Feta Quiche Butternut Squash Oven Roasted Potato	**26** **Breakfast** Texas Bread French Toast Scrambled Eggs Grilled Sliced Kielbasa Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Linguine with Meatballs Southwest Chicken Wrap Turkey Wraps Fresh Vegetables **Dinner** * ALL SCHOOL COOKOUT *
27 **Brunch** Pancakes Scrambled Eggs Waffles Omelets Chef's Choice of Hot Entree Bacon Home Fries Hot Oatmeal **Dinner** Grilled Cheeseburgers Roasted Chicken Fresh Vegetables	**28**	**29**	**30**	**31**		