Flik INDEPENDENT SCHOOL DINING

February 2012 Weekly Menu
St. Mark's School

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12 **Brunch** Pancakes Scrambled Eggs Waffles Omelets Chef's Choice Bacon Home Fries Hot Oatmeal **Dinner** Fresh Made Nacho Bar Wing Night Corn	13 **Breakfast** Texas Bread French Toast Assorted Fruit Bread French Toast Waffles Scrambled Eggs Sausage Patties Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Chicken & Rice Soup Tri-Colored Tortellini with Meat Sauce Steamed Turkey Hot Dogs & Rolls Caesar Salad Spicy Vegetables and Rice Steamed Mixed Vegetables Baked Potato Fries **Dinner** Oriental BBQ Pork Loin with Orange Garlic Sauce Teriyaki Chicken & Vegetable Stir Fry Jasmine Rice Green Beans	14 **Breakfast** Blueberry Pancakes Plain Pancakes Scrambled Eggs Waffles Sausage Links Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Corn & Potato Soup Grilled Peppersteak Sub with Cheese Sauce Turkey Burgers with Swiss Cheese Shoestring Fries Steamed Broccoli **Dinner** CHicken Maryland with Corn Fritters Torellini with Clam Sauce Vegetable Pizza Baked Potato Fries Zucchini & Summer Squash	15 **Breakfast** Scrambled Eggs Hot Oatmeal Chocolate Chip or Blueberry Pancakes Homefries Bacon **Lunch** Beef Barley Soup Make Your Own Wraps- Turkey, Buffalo Chicken, Tuna, Vegetable ** FOOD FOCUS ** LONDON ** Fish & Chips Vegetarian chili Tortilla Chips Chick Pea Fries Cheesy Cauliflower **Dinner** Breakfast at Dinner Scrambled Eggs Scrambled Eggs with Ham & Cheese Chocolate Chip and Plain Pancakes Home Fries Baked Ham	16 **Breakfast** Chocolate Chip Pancakes Pancakes Waffles Scrambled Eggs Corned Beef Hash Hot Oatmeal Home Fries Fresh Cut Fruit & Yogurt **Lunch** Clam Chowder Fried Honey Mustard Chicken Sandwich Gnocchi Bolognese Grilled Polenta Fresh Buttered Carrots **Dinner** Grilled Chicken Breast with Light Supreme Sauce Swedish Meatballs with Buttered Noodles Stuffed Portabella Mushroom Fresh Vegetables	17 **Breakfast** Texas & Fruit Bread French Toast Scrambled Eggs Waffles Corned Beef Hash Homefries **Lunch** Seated Meal- Chicken Pot Pie, Warm Biscuits, Fresh Vegetable & Caesar Salad **Dinner** Tomato Soup Roasted Sliced Roast Beef with Gravy Macaroni & Cheese Butternut Squash Oven Roasted Potatoes	18 **Breakfast** Texas Bread French Toast Scrambled Eggs Grilled Sliced Kielbasa Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Linguine & Meatballs Southwestern Chicken Wrap Turkey wraps Fresh Vegetables **Dinner** Braised BBQ Pork Ribs Fried Chicken tenders Pasta Primavera Corn Bread Fresh Vegetables

Breakfast
Bagels/Toast; Fresh Fruit; Yogurt; Cold Cereal and Fresh Pastries baked on-site. Before placing your order, please inform your server if a person in your party has a food allergy.

Brunch
Before placing your order, please inform your server if a person in your party has a food allergy.

Lunch
Salad Bar- with variety of local produce, composed salads, yogurt, homemade dressings and assorted fresh toppings. Deli Bar-with variety of meats/cheeses/breads. Pasta w/Marinara Sauce. Fresh Desserts baked on-site. Before placing your order, please inform your server if a person in your party has a food allergy.

Dinner
Salad Bar- with variety of local produce, composed salads, homemade dressings and assorted fresh toppings. Pasta w/Marinara Sauce. Fresh baked desserts. Before placing your order, please inform your server if a person in your party has a food allergy.