Flik INDEPENDENT SCHOOL DINING

FRESH FOOD

February 2012 Weekly Menu
St. Mark's School

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19 **Brunch** Pancakes Scrambled Eggs Waffles Omelets Chef's Choice Bacon Home Fries Hot Oatmeal **Dinner** Grilled Cheeseburgers Fresh Vegetables	20 **Brunch** *Open Weekend* Pancakes Scrambled Eggs Waffles Omelets Chef's Choice Bacon Home Fries Hot Oatmeal **Dinner** Chicken & Orzo Soup Beef Pot Roast with Gravy Baked Mexican Lasagna Mashed Potato Fresh Vegetables	21 **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 Grilled Jamaican Jerk Chicken Pasta and Fresh Vegetables Pesto Mexican Rice Roasted Carrots **Dinner** Oriental BBQ Pork & Vegetable Stir Fry Teriyaki Wings Fried Tofu & Broccoli Fried Rice Fresh Vegetables	22 **Breakfast** Scrambled Eggs Hot Oatmeal Chocolate Chip or Blueberry Pancakes Homefries Bacon **Lunch** Onion Soup Turkey Chili with White Rice Cheese Tortellini Rigatoni Pasta with Choice of toppings Caesar Salad Garlic Bread Fresh Vegetables **Dinner** Seafood Gumbo Charbroiled Salisbury Steak with Gravy Vegetarian Stuffed Tomato O'Brien Potatoes Corn	23 **Breakfast** Chocolate Chip Pancakes Pancakes Waffles Scrambled Eggs Corned Beef Hash Hot Oatmeal Home Fries Fresh Cut Fruit & Yogurt **Lunch** Italian Wedding Soup Cheese, Pepperoni & Vegetable Pizzas Grilled Veggie Burgers with Peppers & Onions Steamed Broccoli **Dinner** Blackened Salmon with Mango Salsa Sauteed Buffalo Chicken Eggplant Parmesan Baked Red Bliss Potatoes Fresh Green Beans	24 **Breakfast** Texas & Fruit Bread French Toast Scrambled Eggs Waffles Corned Beef Hash Homefries **Lunch** Seated Meal- Cuban Chicken with Jicama Slaw, Rice & Beans, Vegetable & Salad **Dinner** Taco Bar Baked Chicken Noodle Casserole Vegetarian Falafel with Cucumber & Mint Green Peas Oven Roasted Potatoes	25 **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 Pepper & Onions Sauteed Chicken Bruschetta Vegetarian Quesadillas Steamed Corn Sweet Potato Fries **Dinner** Fried Chicken Parmesan with Provolone Cheese Baked Potato Bar Pasta Primavera Steamed Zucchini & Summer Squash

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.