Flik FRESH FOOD INDEPENDENT SCHOOL DINING

February 2012 Weekly Menu
St. Mark's School

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 **Brunch** Pancakes Scrambled Eggs Waffles Omelets Chef's Choice Bacon Home Fries Hot Oatmeal **Dinner** Taco Bar Stir Fry Chicken with Broccoli, Water Chestnuts & Pea Pods Vegetarian Stuffed Red Pepper Fresh Vegetables	27 **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 Seated Meal- Grilled Chicken and Pesto with Buttered corn, Linguine & Garlic Garlic Bread Green Salad **Dinner** Chicken Noodle soup Fried Fish with Tartar Sauce Grilled BBQ Chicken Linguine with Vegetables Fresh Broccoli French Fries	28 **Breakfast** Blueberry Pancakes Plain Pancakes Scrambled Eggs Waffles Sausage Links Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Vegetable Soup Panko Crusted Tilapia with Apricot Glaze Grilled Ham, Tomato & Cheddar on Marble Falafel with Cucumber & Mint Cheesy Cauliflour Buttered Egg Noodles **Dinner** Beef & Broccoli Stir Fry Grilled Chicken & Pasta Santa Fe Stuffed Portabella Mushrooms Steamed Summer Squash & Carrots Jasmine Rice	29 **Breakfast** Scrambled Eggs Hot Oatmeal Chocolate Chip or Blueberry Pancakes Homefries Bacon **Lunch** Black Bean Soup Make Your Own Pocket - Roast Beef, Tuna, Turkey, Chicken Caesar, Vegetables Cheese Tortellini Fresh Zucchini Homemade Tortilla Chips **Dinner** Steamed Hot Dogs & Rolls Grilled Chicken w/Supreme Sauce Green Beans Oven Roasted Potatoes	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

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.