Flik INDEPENDENT SCHOOL DINING

April 2012 Weekly Menu
St. Mark's School

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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

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.