



ST. PAUL'S SCHOOL
Department of Food Services

* MENU *



FOR THE WEEK OF
October 15th thru October 19th
2019



SUNDAY 10/15 <i>CONTINENTAL BREAKFAST</i>	MONDAY 10/14	TUESDAY 10/15	WEDNESDAY 10/16 <i>BREAKFAST 6:45 - 8:15 a.m.</i>	THURSDAY 10/17 <i>BREAKFAST 6:45 - 8:15 a.m.</i>	FRIDAY 10/18 <i>BREAKFAST 6:45 - 8:15 a.m.</i>	SATURDAY 10/19 <i>BREAKFAST 6:45 - 8:15 a.m.</i>
<p>7 - 9 a.m.</p> <p>Chilled Juices Fresh Fruit Bar Assorted Hot/Cold Cereal Smoothie of the Day Bagels/English/Artisan Breads at the toaster Hard Cooked Eggs Assorted Breakfast Pastries</p> <p>BRUNCH 9 a.m.</p> <p>Omelets to order Eggs Benedict to order Make your own Belgian Waffles <i>Assorted Toppings</i> French Toast to order Whole Wheat Pancakes - <i>Warm Syrup</i> Grilled Bacon Grilled Sausage Breakfast Potatoes</p> <p>CONTINUED 11 a.m.</p> <p>Soup du Jour Tossed Salad - <i>Dressings</i> Chef's Choice Entree <u>Vegetarian Casserole</u> Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Cinnamon Coffee Rolls</p> <p>***<i>All menus subject to change***</i> <i>Underlined items indicate "vegetarian"</i> <i>"(v)" items indicate "Vegan"</i></p> <p>DINNER 5:30 - 6:30 p.m.</p> <p>Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> Asian, Steamed and Brown Rice Roast Pork Loins <u>Vegetarian Meatless Balls Marinara (v)</u> Baked Potatoes Oven Roasted Zucchini Summer Squash Vegan Ravioli Marinara Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Gifford's Ice Cream Bar</p>	<p>SCHOOL</p> <p>CONTINENTAL BREAKFAST</p> <p>7 - 9 A.M.</p> <p>BRUNCH</p> <p>9 A.M. - 1 P.M.</p> <p>DINNER 5:30 - 6:30 p.m.</p> <p>Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> Asian, Steamed and Brown Rice MYO Stir-Fry Hawaiian Beef Tomato Hawaiian Chicken Shoyu Vegetarian Tofu Veggie Fried Rice Steamed Broccoli with Sesame Vegetable Japchae Pasta Asian Red Cabbage Salad Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Chocolate Fudge</p>	<p>HOLIDAY</p> <p>DINNER 5:30 - 7 p.m.</p> <p>Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> Asian, Steamed and Brown Rice MYO Stir-Fry Greek Marinated Steak-Tzatziki sauce Mahogany Clams with Chorizo <u>Greek Style Tofu-Tomato & Feta (v)</u> Greek Style Rice w/ Spinach Steamed Broccoli Pasta w/ Olive Sauce Greek Salad - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Whoopie Pies</p>	<p>LUNCH 11 a.m. - 1 p.m.</p> <p>Salad Bar Deli Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> Hot Pretzels with Mustard, Salt <u>Vegetable Barley Soup</u> Baked Meatloaf Roast Turkey & Swiss Cheese with Cranberry on Artisan Sourdough Bread <u>Sesame Broccoli Tofu Stir Fry(v)</u> Mashed Potato - <i>Gravy</i> Fall Vegetable Medley Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Gifford's Ice Cream Bar</p> <p>DINNER 5:30 - 7 p.m.</p> <p>Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> Asian, Steamed and Brown Rice MYO Stir-Fry Chicken Parmesan Linguini w/Shrimp & Asparagus Tofu Parmesan Lemon Oregano Potatoes Fresh Roasted Vegetables Tomato Mozzarella Salad Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Gifford's Ice Cream Bar</p>	<p>LUNCH 11 a.m. - 1 p.m.</p> <p>Salad Bar Deli Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> <u>Green Velvet Soup</u> Chicken Noodle Soup Irish Nachos- Corned Beef & Potatoes Tuna Provolone Sandwich <u>Plant Based Meatballs w/ Miso Gravy</u> Roasted Sweet Potatoes Spaghetti Squash w/ Onions & Spinach Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Lemon Cake</p> <p>SEATED MEAL 6 p.m.</p> <p><u>MENU</u></p> <p>Cheese and Crackers Fall Salad with Cranberry Vinaigrette Vegetable Minestrone Soup Chicken Parmesan Ziti Pasta Fresh Whole Green Beans Garlic Bread Sticks - <i>Butter</i> Ice Water - Milk Cannolis Fresh Cut Fruit</p>	<p>LUNCH 11 a.m. - 1 p.m.</p> <p>Salad Bar Deli Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> Turkey Noodle Soup <u>Potato Leek Soup</u> Fried Haddock Sandwich Indian Naan Wrap Bar <u>Cheesy Kale Bake</u> French Fries Roasted Butternut Squash w/Sage Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Gifford's Ice Cream Bar</p> <p>DINNER 5:30 - 7 p.m.</p> <p>Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> Asian, Steamed and Brown Rice MYO Stir-Fry Chipotle Grill Night Chicken-Beef-Pork-Tofu Tacos/Fajitas Vegetarian Options Cilantro Lime Rice Fajita Veggies/Roasted Corn & Peppers Black Beans / Refried Beans Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Pound Cake <i>with Berries & Whipped Cream</i></p>	<p>LUNCH 11 a.m. - 1 p.m.</p> <p>Salad Bar Deli Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> Soup du jour Thai Shrimp & Vegetable Curry Jamaican Chicken w/ Mango Chutney <u>Jamaican Seasoned Tofu (v)</u> Spicy French Fries Steamed Green Beans Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Chocolate Chip Cannolis</p> <p>DINNER 5:30 - 7 p.m.</p> <p>Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> Asian, Steamed & Brown Rice MYO Stir-Fry Beef Steak Tips Southern Fried Chicken <u>Southern Fried Tofu (v)</u> Macaroni & Cheese Roasted Zucchini & Summer Squash Carrot & Raisin Salad Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream MYO Gifford's Ice Cream Sundae Bar</p>