

# UPPER SCHOOL LUNCH MENÚ

## OPTIONS OCTOBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1	2
			MENÚ 1: Roasted chicken and potatoes, bread, fruit MENÚ 2: Vegetarian MENÚ 3: Cobb salad, bread, fruit salad	MENÚ 1: Tortellini ragù, bread, fruit dessert MENÚ 2: Vegetarian MENÚ 3: Caprese salad, bread, tea, fruit salad
5	6	7	8	9
MENÚ 1: Bagel and cream cheese with smoked salmon, chips, smoothie MENÚ 2: Salad with smoked salmon, schiacciata, smoothie MENÚ 3: Vegetarian Option #1	MENÚ 1: Gnocchi alla sorrentina, schiacciata, fruit salad MENÚ 2: Chicken salad MENÚ 3: Vegetarian Option #1	MENÚ 1: Turkey sandwich, chips, fruit, iced tea MENÚ 2: Turkey salad, avocado, carrots, walnuts MENÚ 3: Vegetarian Option #1	MENÚ 1: Roast beef with roasted potatoes and spinach, bread, yogurt MENÚ 2: Basmati rice bowl, grilled zucchini, chicken, sesame seeds, soy sauce MENÚ 3: Vegetarian Option #1	MENÚ 1: Margherita pizza, french fries, tea MENÚ 2: Quinoa bowl with chicken, avocado, edamame, sesame seeds MENÚ 3: Vegetarian Option #1
12	13	14	15	16
MENÚ 1: Fruit, yogurt, and granola bowl, spinach ricotta quiche, iced tea MENÚ 2: Salmon bowl with broccoli, brown rice MENÚ 3: Vegetarian Option #1	MENÚ 1: Tortellini with ragù, fruit salad MENÚ 2: Chopped greek salad with tomato, cucumber, kalamata olives, chick peas, feta MENÚ 3: Vegetarian Option #1	MENÚ 1: Ham and cheese sandwich, chips, iced tea, yogurt MENÚ 2: Chicken Caesar Salad MENÚ 3: Vegetarian Option #1	MENÚ 1: Chicken curry with rice, fruit tart MENÚ 2: Energy bowl salad MENÚ 3: Vegetarian Option #1	MENÚ 1: Cheeseburger, french fries, fruit, iced tea MENÚ 2: Cobb Salad MENÚ 3: Vegetarian Option #1
19	20	21	22	23
MENÚ 1: Bagel and cream cheese with smoked salmon, chips, smoothie MENÚ 2: Salad with smoked salmon, schiacciata, smoothie MENÚ 3: Vegetarian Option #1	MENÚ 1: Gnocchi alla sorrentina, schiacciata, macedonia MENÚ 2: Chicken salad MENÚ 3: Vegetarian Option #1	MENÚ 1: Turkey sandwich, chips, fruit, iced tea MENÚ 2: Turkey salad, avocado, carrots, walnuts MENÚ 3: Vegetarian Option #1	MENÚ 1: Roast beef with roasted potatoes and spinach, bread, yogurt MENÚ 2: Basmati rice bowl, grilled zucchini, chicken, sesame seeds, soy sauce MENÚ 3: Vegetarian Option #1	MENÚ 1: Margherita pizza, french fries, tea MENÚ 2: Quinoa bowl with chicken, avocado, edamame, sesame seeds MENÚ 3: Vegetarian Option #1
26	27	28	29	30