

# Prep School Student Menu - WEEK 1

## 3-Week Rotating Menu

Monday		Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<b>Lemon Pepper Cod</b>	<b>Beef Stew</b>	<b>Teriyaki Chicken</b>	<b>Rigatoni with Sausage</b>	<b>Pizza Day</b>
	Lightly breaded cod. Oven roasted crinkle fries. Sweet peas. Tartar sauce.	Beef and winter vegetable stew. Lemon garlic potatoes. Green beans	Boneless Teriyaki chicken thighs. Vegetable stir fry. Steamed Jasmine rice.	Rigatoni with Debrizini or turkey sausage, bell peppers and onions. Roasted zucchini.	Pepperoni or cheese pizza
<b>Vegetarian</b>	<b>Perogies</b>	<b>Lentil &amp; Mushroom Stew</b>	<b>Teriyaki Tofu</b>	<b>Spinach and Cheese Cannelloni</b>	<b>Vegetarian Pizza</b>
	Cheese and potato perogies. Oven roasted crinkle fries. Sweet peas. Sour cream	Green lentil and mushroom stew. Lemon garlic potatoes. Green beans	Crispy baked tofu. Vegetable stir fry. Steamed Jasmine rice.	Vegetarian cannelloni baked in tomato sauce	Pizza with bell peppers and mushrooms
<b>Meal Pairing</b>	<b>Vinegar Coleslaw</b>	<b>Cheddar Biscuits</b>	<b>Edamame Bulgur Salad</b>	<b>Garlic Knots</b>	<b>Mango Salad</b>
<b>Dessert</b>	Sliced Peaches	House Baked Cake	Fortune Cookies	Vanilla Yogurt	House Baked Cookies
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