

Prep School Student Menu - WEEK 3

3-Week Rotating Menu

| | Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | | | | |
| Main | Flax Coated Chicken Strips | Mongolian Beef | Tuscan Haddock | Beef Stroganoff | Portuguese Style Chicken |
| | Flax coated chicken strips. Oven baked waffle fries. Seasonal vegetables. | Sliced Beef in garlic ginger sauce. Chow Mein noodles. Baby Bok choy | Haddock Loins in spinach and cherry tomato cream sauce. Polenta. Baby carrots. | Beef in mushroom gravy. Steamed rice. Crispy Brussels sprouts. | Peri Peri chicken thighs. Roasted Parisienne potatoes. Cauliflower Au Gratin |
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| Vegetarian | Broccoli Cheddar Quiche | Meatless Mongolian "Beef" | Pasta Prima Verra | Vegetarian Meatball Stroganoff | Vegetable Quesadillas |
| | Broccoli cheddar quiche. Seasonal vegetables | Ground vegetarian crumble and Tofu in garlic ginger sauce. Chow Mein noodles. Baby Bok choy | Penne with roasted vegetables. Baby carrots. | . Vegetarian meatballs in mushroom gravy. Crispy Brussels Sprouts | Flour Tortillas with cheese and vegetables |
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| Meal Pairing | Caesar Salad | Chicken Dumplings | Dinner Rolls | Potato Salad | Baked Plantains |
| Dessert | Sliced Pears | House Baked Cookies | Churros | House Baked Cake | Fruit Salad |
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