



High School Bistro Menu

August 30th to December 20, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	August 26	August 27	August 28	August 29	August 30
Lunch Entree	No Service	No Service	No Service	No Service	Mexican Rice Mixed Vegetables
Short Order					Three Cheese Pizza Salad
	September 2	September 3	September 4	September 5	September 6
Lunch Entree	HOLIDAY	Cheese Tortellini <i>In Rosée Sauce</i> Green Beans	Fish Roulade Seasoned Rice with Carrots Garden Style Vegetables	Chicken à La Parmigianna Seasoned Egg Noodles Pick of the Day Vegetables	Meatballs in Sauce Mashed Potatoes Mexican Vegetables
Short Order		BBQ Grilled Chicken Sub Salad	Hamburger and Santa Fe Veggie Burger Corn Salad E	Pulled Pork Sandwich Mixed Green Salad	Vegetable Pizza Gourmet Salad
	September 9 - First day of Catering	September 10	September 11	September 12	September 13
Lunch Entree	Chicken Pot Pie Seasoned Rice with Carrots Mixed Vegetables	Cheese Manicotti In Tomato Sauce Garden Style vegetables	Shepherd`s Pie Gravy Pick Of The Day Vegetables	Zesty Chicken Platter Seasoned Rice with Carrots Sunrise Vegetables	Butter Chicken Basmati Rice Peas
Short Order	Meatless Chili Wrap Salad	Chicken Quesadilia with Salsa Lettuce and Tomato	Fish and Dip Salad	BBQ Rib Burger Baby Carrots	Chicken Caesar Pizza Three Cheese Pizza Gourmet Salad
	September 16	September 17	September 18	September 19	September 20
Lunch Entree	Tomato Meatball Pasrta Cocktail Vegetables	Korean Sesame Beef Basmati Rice Whole Green/Yellow Beans	Macaroni and Cheese Broccoli	BBQ Chicken Leg Potato Wedges Sunrise Vegetables	Salisbury Steak with Gravy Mashed Potatoes Crinkled Carrots
Short Order	Multigrain Chicken Burger Lettuce and Tomato	Chicken Caesar Wrap Lettuce and Tomato	Pulled Turkey Sandwich Gourmet Salad	Mixed Deli Sandwich Gourmet Salad	Three Cheese Pizza Salad

	September 23	September 24	September 25	September 26	September 27
Lunch Entree	New Chickpea Butter Curry (Veg included in recipe) Basmati Rice	Fish Filet Lemon and Herbs Seasoned Egg Noodles Mixed Vegetables	<i><u>Discovery Menu</u></i>	Lasagna (Beef) Garden Vegetables	Beef Stew Seasoned Egg Noodles Mixed Vegetables - Pot-au-feu
Short Order	Cheeseburger and Santa Fe Veggie Burger Mixed Green Salad	Chicken Souvlaki Pita Salad	Beef and Cheese Panini (Beef) Carrot Slaw	Chicken Chipotle Wrap Salad	Western Chipotle Pizza Three Cheese Pizza Lettuce and Tomato
	September 30	October 1	October 2	October 3	October 4
Lunch Entree	Chicken Pad Thai Edamame Cabbage Salad	Zesty Chicken Platter Seasoned Rice With Carrots Pick of The Day Vegetables	Cheese Tortellini In Rosée Sauce Cocktail Vegetables	Shepherd's Pie Gravy Crinkled Carrots	Alfredo Ziti Al Forno (Chicken) Whole Green/Yellow Beans
Short Order	Italian Meatball Roll (Beef) Mixed Green Salad	Taco Bowl Corn Salad	BBQ Grilled Chicken Sub Coleslaw	Vegetarian Quesadilla Gourmet Salad	Mexican Pizza Three Cheese Pizza Salad
	October 7	October 8	October 9	October 10	October 11
Lunch Entree	Salisbury Steak Gravy Mashed Potatoes, Peas	Butter Chicken Basmati Rice Mixed Vegetables	Cheese Manicotti in Tomato Sauce Sunrise Vegetables	Vegetarian Lasagna (with Soya) Garden Style Vegetables	Mexican Rice Corn
Short Order	Chicken Quesadilla with Salsa Baby Carrots	Philly Steak Sub Mixed Green Salad	Tex-Mex Turkey Burger Coleslaw	Hamburger Salad	Vegetable Pizza Three Cheese Pizza Gourmet Salad
	October 14	October 15	October 16	October 17	October 18 -PED DAY
Lunch Entree	THANKSGIVING HOLIDAY	Macaroni and Cheese Broccoli	Korean Sesame Beef Basmati Rice Whole Green/Yellow Beans	Crispy Coated Chicken Leg Potato Wedges Sunrise Vegetables	Florentine Pasta (Beef) Crinkled Carrots
Short Order		Mixed Deli Sandwich Gourmet Salad	Chicken Souvlaki Pita Mixed Green Salad	BBQ Rib Burger Mixed Green Salad	Chicken Sub Coleslaw

	October 21	October 22	October 23	October 24	October 25
Lunch Entree	Citrus Herb Cod Seasoned Egg Noodles Mixed Vegetables	Chicken Fried Rice Cocktail Vegetables	Tomato Meatball Pasta (Beef)	Shepherd's Pie Sunrise Vegetables	Parmigiana Meatloaf (Beef) Mashed Potatoes Garden Style Vegetables
Short Order	Dumpling (Chicken) Edamame Cabbage Salad	Hamburger Salad	<i><u>Discovery Menu</u></i>	Chicken Fajita With Salsa Salsa	Chicken Caesar Pizza Three Cheese Pizza Gourmet Salad
	October 28	October 29	October 30	October 31	November 1
Lunch Entree	Cheese Tortellini in Rosée Sauce Whole Green/Yellow Beans	Chicken Souviaki Platter With Tzatziki and Pilaf Rice Golden Garden Vegetables	Beef Macaroni Stir-Fry Whole Green/ Yellow Beans	BBQ Chicken Leg Potato Wedges Sunrise Vegetables	Rigatoni (Beef) Mixed Vegetables
Short Order	Chicken Chipotle Wrap Lettuce and Tomato	Vegetarian Quesadilla Gourmet Salad	Mexican Turkey Wrap Lettuce and Tomato	Italian Meatball Roll Mixed Green Salad	Western Chipotle Pizza Three Cheese Pizza Salad
	November 4	November 5	November 6	November 7	November 8
Lunch Entree	Chicken Pot Pie Seasoned Rice with Carrots Mixed Vegetables	Cheese Manicotti in Tomato Sauce Garden Style Vegetables	Shepherd's Pie Gravy Pick of the day Vegetables	Zesty Chickn Platter Seasoned Rice with Carrots Sunrise Vegetables	Butter Chicken Basmati Rice Peas
Short Order	Meatless Chili Wrap Salad	Chicken Quesadilla with Salsa Lettuce and Tomato	Fish and Dip Salad	BBQ Rib Burger Salad	Chicken Caesar Pizza Three Cheese Pizza Gourmet Salad
	November 11	November 12	November 13	November 14	November 15
Lunch Entree	Tomato Meatball Pasta Cocktail Vegetables	Korean Sesame Beef Basmati Rice Whole Green/ Yellow Beans	Macaroni and Cheese Broccoli	BBQ chicken Leg Potato Wedges Sunrise Vegetables	Salisbury Steak Gravy, Mashed Potatoes Crinkled Carrots
Short Order	Multigrain Chicken Burger Lettuce and Tomato	Chicken Caesar Wrap Coleslaw	Pulled Turkey Sandwich Gourmet Salad	Mixed Deli Sandwich Salad	Three Cheese Pizza Salad

	November 18	November 19	November 20	November 21	November 22
Lunch Entree	New Chickpea Butter Curry Basmati Rice	Fish Filet Lemon and Herbs Seasoned Egg Noodles Mixed Vegetables	<u>Discovery Menu</u>	Lasgna (Beef) Garden Vegetables	Beef Stew Seasoned Egg Noodles Mixed Vegetables - Pot-au-feu
Short Order	Cheese Burger and Veggie Cheese Burger Mixed Green Salad	Chicken Souvlaki Pita Salad	Beef and Cheese Panini (Beef) Carrot Slaw	Chicken Chipotle Wrap Salad	Western Chipotle Pizza Three Cheese Pizza Lettuce and Tomato
	November 25	November 26	November 27	November 28	November 29
Lunch Entree	Chicken Pad Thai Edamame Cabbage Salad Peas & Carrots	Zesty Chicken Platter Seasoned Rice With Carrots Pick of the Day Vegetables	Cheese Tortellini in Rosée Sauce Cocktail Vegetables	Shepherd's Pie Crinkled Carrots	Alfredo Ziti Al Forno (Chicken) Whole Green/Yellow Beans
Short Order	Italian Meatball Roll (Beef) Mixed Green Salad	Taco Bowl Corn Salad	BBQ Grilled Chicken Sub Coleslaw	Vegetarian Quesadilla Gourmet Salad	Mexican Pizza Three Cheese Pizza Salad
	December 2	December 3	December 4	December 5 Holiday Lunch	December 6
Lunch Entree	Salisbury Steak Gravy Mashed Potatoes & Peas	Butter Chicken Basmati Rice Mixed Vegetables	Cheese Manicotti In Tomato Sauce Sunrise Vegetables	Turkey Roast in Gravy Mashed Potatoes Stuffing, Peas & Carrots Cranberry Sauce	Mexican Rice Corn
Short Order	Chicken Quesadilla with Salsa Salad	Philly Steak Sub Mixed Green Salad	Tex-Mex Turkey Burger Coleslaw	Holiday Treat	Three Cheese Pizza Gourmet Salad
	December 9	December 10	December 11	December 12	December 13
Lunch Entree	Vegetarian Quiche Pick of the Day Vegetables	Macaroni and Cheese Broccoli	Korean Sesame Beef Basmati Rice Whole Green/Yellow beans	Crispy Coated Chicken Leg Potato Wedges Sunrise Vegetables	Florentine Pasta (Beef) Crinkled Carrots
Short Order	Multigrain Chicken Burger Salad	Mixed Deli Sandwich Gourmet Salad	Chicken Souvlaki Pita Mixed Green Salad	BBQ Rib Burger Mixed Green Salad	Three Cheese Pizza Salad
	December 16	December 17	December 18	December 19	December 20
Lunch Entree	Fish Filet Lemon and Herbs Seasoned Egg Noodles Mixed Vegetables	Chicken Fried Rice Cocktail Vegetables	Tomato Meatball Pasta (Beef) Pick of the day Vegetables	Shepherd Pie Gravy Sunrise Vegetables	Parmigiana Meatloaf (Beef) Mashed Potatoes Garden Style Vegetables
Short Order	Dumpling (Chicken) Edamame Cabbage Salad	Hamburger Salad	<u>Discovery Menu</u>	Chicken Fajita With Salsa Salad	Chicken Caesar Pizza Three Cheese Pizza Gourmet Salad

Although all due care is taken in the preparation of our meals, they may contain (traces of) allergens (peanuts, nuts, seeds, soy, milk, eggs, wheat, etc.)

Menu is subject to change according to season, special occasions and product availability.

* TVP-Textured Vegetable Protein is a plant-based protein made from soybean flour