



## Saint Thomas' Episcopal School DAILY HOT LUNCH MENU 2020 – 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK A	<p><b>Oven Baked Chicken Tenders</b> <b>Chef's Choice of:</b> Mashed Potatoes Fresh Carrots, Zucchini, Yellow Squash, Broccoli and Peas</p>	<p><b>Crispy or Soft Beef Tacos</b> Mexican Rice Vegetarian Refried Beans <i>Optional Trimmings available:</i> Shredded Lettuce, Grated Cheese, Picante Sauce and Sour Cream <b>Soft Flour Tortillas</b></p>	<p><b>Chopped BBQ on a Bun</b> Baked Beans Cole Slaw</p>	<p><b>Spaghetti with Meat Sauce</b> Tossed Salad Garlic Bread <b>NOTE:</b> <b>Plain Pasta seasoned with olive oil</b> <b>OR</b> <b>Spaghetti with Meatless Marinara</b> <i>PLEASE CONTACT OUR OFFICE TO REQUEST GLUTEN-FREE PASTA</i></p>	<p><b>Asian Stir Fry Rice with Chicken</b> Pineapple Fortune Cookies + <b>FYI - PIZZA FRIDAY is available</b></p>
WEEK B	<p><b>Grilled Chicken Breast Sliders with Ranch Mayonnaise</b> <b>Broccoli and Rice Casserole</b> Carrot Pineapple Salad</p>	<p><b>Baja Fish Tacos on Corn Tortillas</b> Black Beans <i>Optional Trimmings:</i> Shredded Lettuce or Cabbage, Grated Cheese, Salsa or Cilantro Lime Cream Watermelon Slice or Fruit in Season</p>	<p><b>Breakfast for Lunch</b> Pancakes and Syrup Sliced Bacon Fresh Fruits in Season</p>	<p><b>Spaghetti with Meat Sauce</b> Tossed Salad Garlic Bread  <b>SEE NOTES ABOVE REGARDING OPTIONS AND SPECIAL REQUEST</b></p>	<p><b>Hot Dogs with Chili and Cheese</b> Corn Chips Fruit + <b>FYI - PIZZA FRIDAY is available</b></p>
WEEK C	<p><b>Oven Baked Chicken Tenders</b> <b>Chef's Choice of:</b> Roasted Sweet Potatoes Fresh Carrots, Zucchini, Yellow Squash, Broccoli and Peas</p>	<p><b>New Mexico Chicken and Sour Cream Enchilada Stack with Flour Tortillas</b> Mexican Rice Green Salad with Mandarin Oranges Watermelon Slice or Fruit in Season</p>	<p><b>Wednesday - Wrap it Up</b> <i>Example of Chef's Choices</i> <b>Chef's</b> - Ham, Turkey, Cheese, Romaine w/Ranch OR <b>Grilled Chicken Ceasar</b>, Shredded Carrot, Romaine <b>Both served with</b> Fruit and Chips</p>	<p><b>Spaghetti with Meat Sauce</b> Tossed Salad Garlic Bread  <b>SEE NOTES ABOVE REGARDING OPTIONS AND SPECIAL REQUEST</b></p>	<p><b>Chicken Tetrizzini</b> French Bread Chef's Choice of Green Vegetable + <b>FYI - PIZZA FRIDAY is available</b></p>
WEEK D	<p><b>Wing-It</b> <b>Chef's Choice of the day:</b> BBQ, Oriental, Wild Herbed Pasta Celery and Carrot Sticks with Ranch Dressing</p>	<p><b>Street Tacos</b> <b>Shredded Pork on Corn Tortillas</b> Served with above Sides Dressed w/Lime Cilantro Crema Shredded Lettuce &amp; Cabbage Pino Beans Watermelon Slice or Fruit in Season  <b>Vegetarian Option any Tuesday</b> Cheese Quesadillas</p>	<p><b>Cod Amandine</b> or <b>Oven Baked Cod</b> Homemade Mac and Cheese Chef's Choice of Peas and Carrots OR Green Beans</p>	<p><b>Spaghetti with Meat Sauce</b> Tossed Salad Garlic Bread  <b>SEE NOTES ABOVE REGARDING OPTIONS AND SPECIAL REQUEST</b></p>	<p><b>Cajun Red Beans, Sausage and Rice</b> French Bread Chef's Choice of Vegetables, Cole Slaw or Salad + <b>FYI - PIZZA FRIDAY is available</b></p>