

Week 6#

		CARDINAL HALL						
		Oct-03	Oct-04	Oct-05	Oct-06	Oct-07	Oct-08	Oct-09
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Stock	Everyday	Enjoy our Made-from-Scratch Soups.						
	Soup	Tortellini Soup	Jamaican Chicken Stew Chili	Ham and Cabbage	Spanish Chicken and Rice	Cream of Broccoli	N/A	N/A
	Chili	Beef Chili	Jerked Tofu Soup (V)	Pasta Fagioli (VE)	Cream of Portobello (V)	Vegetable Soup (VE)	N/A	N/A
Parkside Lunch/Brunch	Entrée	Irish lamb Stew	Stewed Curry Chicken (Theme Meal)	Roasted Pork lion	Beef Stir fry	Oven Roasted salmon	Brunch - M.T.O Omelets	Brunch - M.T.O Omelets
	Vegetable	Cabbage	Callolou (V)	Garlic String Beans w/ Red Peppers (V)	Buttered Snow peas (V)	Grilled Asparagus(V)	Brunch - M.T.O Omelets	Brunch - M.T.O Omelets
	Vegetable	Stewed Vegetables	Braised cabbage (V)	Grilled Zucchini and Yellow Squash (V)	Braised Bok Choy(V)	Zucchini and Yellow Squash(V)	Brunch - M.T.O Omelets	Brunch - M.T.O Omelets
	Starch	Mashed Potatoes	Rice and Peas (V)	Country styled Mashed Potatoes	White rice (V)	Wild Rice Pilaf(V)	Brunch - M.T.O Omelets	Brunch - M.T.O Omelets
Parkside Dinner	Entrée	Apple and Sage Butter Pork Chops	Beef Lasagna	Creamy Tuscan Chicken	Oven Roasted Turkey w/ Gravy	Chicken Alfredo	Nmeat loaf	Grilled Pork Xchops
	Vegetable	Roasted Root Vegetables(V)	Mixed Vegetables (V)	Mushrooms and Spinach (V)	Brussel SproutsSuccatash (V)	Caulifornia Blend (V)	Steamed Spinach (V)	Collard Greens (V)
	Vegetable	Stewed Tomatoes (V)	Peas and Carrots (V)	Parsnips and Carrots (V)	Vegetable Medley (V)	Mixed Vegetables (V)	Mushrooms and Peas (V)	Fried Cabbage (V)
	Starch	Rosemary Potatoes (V)	Garlic Knots (VE)	Potato Wedges (V)	Smashed Potatoes	Garlic Pasta (V)	Whipped Potatoes	Par Cooked Rice (V)
Bravo	Lunch	Perogies Bar	Jamaican Curry Bowl	Meatball Station	Lo Mein Action Station	Pretzel Station	Baked Ziti	Spaghetti and Meat Sauce
Grill	Lunch	Fresh Cut French fries Fish Fried Rice, Grilled chicken	Fresh Cut French Fries Angel hair Pasta w/ Pesto sauce,	Fresh Cut French Fries, Pork Fried Rice, Chicken Cheese Steak	Fresh Cut French Fries, Fettuccine w/ Alfredo Sauce, Buffalo Chicken Sand	Fresh Cut French Fries, Fish Fried Rice, Grilled Kielbasa	Fresh Ct French fries	Fresh Cut French Fries
			Cavatappi w/ Bolognese Sauce	Beef Fried rice				
	Dinner	Fresh Cut French Fries Fish Fried Rice, Grilled chicken Caesar Wrap	Fresh Cut French Fries Angel Hair Pasta w/ Pesto Sauce, Turkey BLT Wraps	Fresh Cut French Fries, Pork Fried rice Beef Meatball subs	Fresh Cut French Fries, Fettuccine w/ Alfredo sauce, Turkey Burger Melts	Fresh Cut French Fries, Fish Fried Rice, Shrimp Po Boys	Grilled Hot Dogs	Turkey and cheese Melts
		N/A	N/A					
V2 Vegan & Vegetarian	Lunch	Crispy Tofu bowl/ Caramelized fall Vegetables, Spicy Tempeh Stuffed Peppers	Jerkes Tofu w/ Rice and Beans, Plantain Casserole, Stewed Greens with Ackee, Curried Tempeh	Vegan Biryani Tofu, Tempeh Bolognese, Swett and Sour Seitan	Tofu Stir fry, Lemon and garlic tempeh, Coconut Crusted Seitan	Scrambled Tofu w/ Potatoes Mushrooms and peppers, ThaiTempen Stuffed Sweet Potatoes, Seitan Steak over Rice	Roasted Brussel sprouts w/ Crispy Tofu, Vegan Meat Balls, Vegetable Seitan stew	Tofu w/ Kale and Grape tomatoes,Karean BBQ Tempeh, Mongolian Seitan
	Dinner							
The Oven	Lunch	Pizzas Cheese, Pepperoni, Vegetable and Specialty Pizza	Strobili Cheese, Pepperoni, Vegetables and Specialty Pizza Jerk Chicken	Deep Dish [pizza, Cheese, Veggies, Pepperoni, Specialty Pizza	Calzones, Cheese, Pepperoni, Vegetable, and Specialty Pizza	Personal Pan, Cheese, Pepperoni, Vegetable, and Specialty Pizza	Pizzas Cheese, Pepperoni, Vegetable and Specialty Pizza	Stromboli Cheese, pepperoni, Vegetables and Specialty Pizza
	Dinner							