



Lunch

Daily salad bar and fresh fruit. The salad bar typically includes green leaf lettuce, grape tomatoes, red peppers, broccoli, cucumber, baby carrots, hard-boiled egg, grilled chicken, croutons, yogurt, and a variety of salad dressings. Beverages include: 2% milk, cranberry juice and water

International Week!

Monday 4/01

No School

Tuesday 4/02

Lomo Saltado
Peruvian steak stir-fry
(marinated flank steak,
tomatoes, peppers, and onions
stir fried served with rice)

Wednesday 4/03

Kofta with Salata Baladi
Middle Eastern style meatballs
served in a spiced tomato sauce
with spiced rice & Egypts national
salad of onion, cucumber,
tomatoes, and mint

Thursday 4/04

Coq au Vin
Chicken cooked in red wine with
mirepoix, mushrooms, and
lardons served with puree de
pomme de Terre (mashed
potatoes) and haricot verts
(green beans)

Friday 4/05

Ca Ri Ga
Vietnamese style chicken curry
with lemongrass, ginger, onions,
carrots, and sweet potatoes in a
yellow curry coconut broth with
rice and spring rolls

