

CARDINAL CUSHING SCHOOL WEEKLY MENU

November 7 - 11, 2011

DAY	OPTION 1	OPTION 2	SOUP	DELI (available in staff dining room only)	FRIARY PLATE (available in staff dining room only)
MON.	Grilled Chicken on Whole Wheat Wrap Baby Carrots	Chili and Cheese Omelet Green Beans	Vegetable Florentine Soup	Tuna Salad Turkey Ham	Clam Roll
TUE.	Turkey Pie Corn Bread Cranberry Sauce	Steak Tip Salad Whole Wheat Breadstick Fat-Free Ranch Dressing	Bokchoy Chicken Soup	Chicken Salad Roast Beef Turkey	Cajun Chicken Tenders
WED.	Chicken and Broccoli with Whole Wheat Penne	Italian Panini Garden Greens Fat-Free Italian Dressing	Tomato Basil Soup	Egg Salad Roast Beef Turkey	Popcorn Shrimp Basket
THU.	Tuscan Tomato Wrap Pretzels	Honey Dijon Chicken Salad Flatbread Fat-Free Raspberry Vinaigrette	Onion Soup	Turkey Salad Roast Beef Ham	Fish and Chips
FRI.	Multigrain Tomato and Mozzarella Bruschetta Baby Spinach Salad	Tuna Salad on Whole Wheat Roll Baked Chips Baby Carrots	Clam Chowder	Egg Salad Turkey Ham	Clam Plate
Week 3 Cycle 6	ALL LUNCHEES INCLUDE: Choice of Milk Seasonal Fresh Fruit Asst. Low Fat Yogurt		<u>PLEASE NOTE:</u> MENU SUBJECT TO CHANGE		