

CARDINAL CUSHING SCHOOL WEEKLY MENU

NOVEMBER 14 - 18, 2011

DAY	OPTION 1	OPTION 2	SOUP	DELI (available in staff dining room only)	FRIARY PLATE (available in staff dining room only)
MON.	Whole Grain Rotini with Marinara Sauce Garden Greens Whole Grain Garlic Roll	Roasted Turkey and Gouda on Wheat Wrap Cranberry Sauce Pickle Spears	Vegetable Soup	Egg Salad Ham Turkey	Clam Strip Roll French Fries
TUE.	Philly Steak and Low Fat Cheese Hoagie Baby Carrots	Greek Salad Pita Bread Greek Dressing	Dutch County Chicken Soup	Tuna Salad Ham Turkey	Popcorn Shrimp Basket French Fries
WED.	ALL SCHOOL THANKSGIVING DINNER!	DINNER SERVED FROM MAIN SERVING AREA	Beef Barley Soup	Chicken Salad Roast Beef Turkey	STAFF DINING ROOM OPEN FOR SOUP AND DELI
THU.	Grilled Low Fat Mozzarella Panini Pretzels Pickle Spears	Grilled Chicken and Spinach Salad Whole Wheat Breadstick Fat Free Ranch Dressing	Sausage and White Bean Soup	Ham and Pickle Salad Roast Beef Turkey	Clam Strip Basket French Fries
FRI.	Panko Crusted Scrod Brown Rice Mixed Vegetables	Baked Ham and Swiss on Egg Roll Broccoli w/Dip	Roasted Garlic and Rosemary Chowder	Seafood Salad Ham Turkey	Cajun Chicken Tenders French Fries
Week 1 Cycle 6	ALL LUNCHEES INCLUDE: Choice of Milk Seasonal Fresh Fruit Asst. Low Fat Yogurt		PLEASE NOTE: MENU SUBJECT TO CHANGE		