Flik INDEPENDENT SCHOOL DINING

March 2012
Middlesex School

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 **Lunch** Sausage Orzo London Broil Rice Pilaf Corn Vegetable Quiche Fried Fish Sandwich 3 FT Lucy **Dinner** Cheese Quesadilla Vegetable Risotto Maple Sage CHicken Roasted Potatoees Butternut Squash Pasta with Marinara Pasta with Alfredo	**2** **Lunch** Clam CHowder Salmon Tetrazini Bowtie Pasta Broccoli Roasted Vegetable Strudel with Smoked Gouda Cheese Assorted Pizza Assorted Pizza **Dinner** Clam Strip ROll ALfredo Pasta Primavera Salmon Cakes Rice Pilaf Asparagus Pasta with Marinara Pasta with Alfredo	**3** **Lunch** Tomato Soup Chicken Broccoli and ziti Breadsticks Vegetable Stromboli Grilled cheese Tomato Soup Italian Sausage Subs with Peppers and onion subs **Dinner** BBQ Pulled Pork Stuffed Portabello Mango Coconut Chicken Coconut Basmati Rice Broccoli and Peppers Pasta with Marinara Pasta with alfredo
4	**5** **Lunch** Cream of Cauliflower Chicken Curry Basmati Rice Naan Bread Bombay Stew Vegetable Somosas Chicken Pesto Wrap with lettuce and Tomato **Dinner** Vegetable Spring Rolls with Sweet Chili Sauce Veggie Lo Mein Chicken Teriyaki Jasmine Rice Snap Peas Pasta with Marinara Pasta with Alfredo	**6** **Lunch** Beef Barley Penne And Meatballs Garlic Bread Broccoli Stuffed Peppers French Dip Caesar Salad with chicken and Pita **Dinner** Pastrami and Swiss Cheese Manicotti Cheeseburger Pie Green Beans Baked Potatoes Pasta with Marinara Pasta with Alfredo	**7** **Lunch** Italian Wedding Sicilian Chicken Rice Pilaf Mixed Vegetables quinoa with Sweet Potatos Food Focus India Pani Puri with Potatoes Greek Salad with Pita Pockets **Dinner** Jalepeno Poppers Veggie Fajitas Chicken Fajitas Rice and Beans Corn Pasta with Marinara Pasta with Alfredo	**8** **Lunch** Lentil Hamburgers Onion Rings Corn Veggie Burgers Hot Dog Bar Ice Cream Sundae Bar **Dinner** Smoothie Bar Potato Gnocchi with Baby Spinach and Red Pepper Cream Sauce Fried Chicken Mac and Cheese Peas Pasta with Marinara Pasta with Alfredo	**9** **Lunch** Corn Chowder Tilapia Roasted Potatoes Zucchini and Summer Squash Polenta with CHeese and Chive Cakes Assorted Pizza Assorted Pizza	**10**
11	**12**	**13**	**14**	**15**	**16**	**17**
18	**19**	**20**	**21**	**22**	**23**	**24**
25	**26**	**27** **Dinner** Buffalo CHicken Wrap Stuffed Portabellos Porkloin Baked Mac and CHeese Peas Pasta with Marinara Pasta with Alfredo	**28** **Lunch** Cream of Broccoli White Balsamic Chicken with Strawberies, Blue Cheese and Spinach Rice Pilaf Carrots and Cauliflower Cheese Raviolis Turkey Cheddar Melt	**29** **Lunch** Minnestrone Beef and Broccoli Fried Rice Assorted Chicken Wings Assorted CHicken Wings **Dinner** Steak and CHeese Subs	**30** **Lunch** Corn Chowder Baked Fish Baked Potato Corn Veggie Striomboli with Marinara Assorted Pizza Assorted Pizza	**31** **Lunch** Tomato Soup Chicken Carbonara Breadsticks Vegetable Medley Pasta Primavera Grilled Cheese Tomato Soup French Dip Sandwich

			Turkey Cheddar Melt Greek Salad with Pita Bread **Dinner** Spring Rolls with Sweet Chili Sauce Tofu Stir Fry General Gaus CHicken Jasmine Rice Snap peas and Carrots Pasta with Marinara Pasta with Alfredo	with Peppers and onions Veggie Risotto Cakes Salmon Rice Pilaf Asparagus Pasta with Marinara Pasta with Alfredo	Assorted Pizza **Dinner** Clam Strip Roll Veggie Soft Tacos Tacos Rice and Beans Corn Pasta with Marinara Pasta with Alfredo	French Dip Sandwich **Dinner** 3 FT Lucy Cheese Lasagna Penne with Meatballs Garlic Bread Green Beans