

SCHOOL OF THE HOLY CHILD

SEPTEMBER 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>School Closed</p>	<p>7</p> <p>Local Vegetable Soup</p> <p>Grilled Chicken with a Mango Salsa</p> <p>Garden Wheat berries</p> <p>Local Roasted Vegetables</p> <p><i>Specialty Station:</i> Build Your Own Yogurt with Assorted Berries</p> <p>Ice Cream Cups</p>	<p>8</p> <p>Corn Chowder Soup</p> <p>Bow-Tie Local Vegetable Pasta</p> <p>Garlic Bread</p> <p>Vegetable Barley</p> <p><i>Specialty Station:</i> Build Your Own Caesar Salad</p> <p>Chocolate Chip Cookies</p>	<p>9</p> <p>Chicken Noodle Soup</p> <p>MARGHERITA Flatbread Pizza</p> <p>Sautéed Grape Tomatoes</p> <p>Vegetable Couscous</p> <p><i>Specialty Station:</i> Build Your Own Gryphon Signature Salad</p> <p>Sliced Watermelon</p>	<p>10</p> <p>Cream Of Tomato Basil Soup</p> <p>Beef Taco With Assorted Toppings</p> <p>Brown Rice Pilaf</p> <p>Roasted Carrots</p> <p><i>Specialty Station:</i> Broccoli & Cheddar Quiche</p> <p>Sliced Pound Cake with Strawberry Topping</p>
<p>13</p> <p>Alphabet Soup</p> <p>Oven Baked Chicken Fingers with Sauces</p> <p>Vegetable Quinoa</p> <p>Roasted Corn with Black Beans</p> <p><i>Specialty Station:</i> Build Your Own Greek Salad</p> <p>Ice Cream Sandwiches</p>	<p>14</p> <p>Turkey Bean Soup</p> <p>Vegetable Lo-Mein</p> <p>Sautéed Snow Peas</p> <p>Steamed Cauliflower</p> <p><i>Specialty Station:</i> Nacho Bar with Toppings</p> <p>Sliced Cantaloupe</p>	<p>15</p> <p>Cream Of Mushroom Soup</p> <p>Hamburgers & Veggie Burgers on Whole Wheat Bread</p> <p>Local Vegetables</p> <p>Tater Tots</p> <p><i>Specialty Station:</i> Build Your Own Local Spinach & Goat Cheese Salad</p> <p>Oatmeal Cookies</p>	<p>16</p> <p>Local Spinach & Lentil Soup</p> <p>Lemon Baked Fish</p> <p>Steamed Peas</p> <p>White & Wild Rice</p> <p><i>Specialty Station:</i> Build Your Own Buffalo Chicken Salad</p> <p>Sliced Fruit Salad with Yogurt Dip</p>	<p>17</p> <p>Pasta e Fagioli</p> <p>Roasted Turkey Breast with Pan Gravy</p> <p>House Cranberry Sauce</p> <p>Sautéed Escarole with Navy Beans</p> <p><i>Specialty Station:</i> Tomato, Mozzarella & Basil Sandwich</p> <p>Rice Pudding</p>

Daily Offerings:

Deluxe Salad Bar • Deli Station
Seasonal Fresh Fruit • Assorted Beverages



BALANCED CHOICESSM
for a healthy lifestyle

Icons in the dining room will lead you to choices that are Vegetarian, Vegan, Organic, Ocean Friendly, Local and Superfoods.



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<p>20</p> <p>Chicken Orzo Soup</p> <p>Macaroni & Cheese Sautéed Spinach Roasted Local Vegetable</p> <p><u>Specialty Station:</u> Build Your Own Crudités Bar with House Dressing</p> <p>Iced Sorbets</p>	<p>21</p> <p>Local Vegetable Barley Soup</p> <p>Chicken Pot Pie Buttermilk Biscuits Steamed Broccoli</p> <p><u>Specialty Station:</u> Build Your Own Pasta Salad with Fresh Veggies</p> <p>Sliced Honeydew</p>	<p>22</p> <p>Three Bean Soup</p> <p>Grilled Cheese on Whole Wheat Bread Roasted Plum Tomatoes Steamed Green Beans</p> <p><u>Specialty Station:</u> Hot Dog Bar with Toppings</p> <p>Chocolate Pudding</p>	<p>23</p> <p>Beef Barley Soup</p> <p>Pasta with Marinara Sauce Garlic Bread Steamed Snap Peas</p> <p><u>Specialty Station:</u> Turkey Club Sandwich</p> <p>Yellow Cake with Icing</p>	<p>24</p> <p>New England Clam Chowder</p> <p>Chicken Marsala Roasted Local Vegetables Vegetable Couscous</p> <p><u>Specialty Station:</u> Build your Own Yogurt Bar with Fruit Toppings</p> <p>Grapes</p>
<p>27</p> <p>Tortellini Soup</p> <p>Turkey & Veggie Burgers on Whole Wheat Buns Sautéed Vegetable Medley Steamed Peas</p> <p><u>Specialty Station:</u> Build Your Own Gryphon Signature Salad</p> <p>Chocolate Éclairs</p>	<p>28</p> <p>Turkey Brown Rice Soup</p> <p>Cheese Flatbread Pizza Sautéed Bok Choy Steamed Asparagus</p> <p><u>Specialty Station:</u> Baked Potato Bar with Toppings</p> <p>Sliced Grapefruit</p>	<p>29</p> <p>Butternut Squash Bisque</p> <p>Oven Baked Chicken Fingers with Sauces Sautéed Squash Roasted Corn with Kidney Beans</p> <p><u>Specialty Station:</u> Build Your Own Tabbouleh Salad</p> <p>Chocolate Chip Brownies</p>	<p>30</p> <p>Minestrone Soup</p> <p>Italian Meatball Hero Roasted Beets Vegetable Bulgur Wheat</p> <p><u>Specialty Station:</u> House Hummus with Pita Chips</p> <p>Fruits Of The Forest Pie</p>	<p>* If you have a food allergy, please speak to the manager, chef or your server</p>

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