

Traiteur Saporito St. George's HS Menu – September 30-November 1 , 2019

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Option 1	Lemon herbed spaghetti with grilled chicken	Beef chili, baked tortillas (pick your toppings)	Chicken shawarma, seasoned rice, hummus	Asian style meatballs, rice noodles, vegetables	Pulled BBQ chicken sliders potato wedges
Option 2	Tomato basil (vegan)	Lentil vegan chili, baked tortillas (pick your toppings)	Cauliflower, and crispy chick peas "shawarma" Seasoned rice and hummus	Asian style tofu balls, rice noodles, vegetables	BBQ spaghetti squash sliders potato wedges

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Option 1	Beef Lasagna	Buddha Bowl herb chicken, roasted veg, seasoned rice	Mexican Beef stuffed peppers tomato sauce, and salad	Assorted pizza chefs choice & tater tots	Turkey roast, green beans and mashed potatoes
Option 2	Cheese Lasagna	Buddha vegan bowl tofu, roasted veg seasoned rice	Mexican Bean stuffed peppers, tomato sauce, and salad	Assorted pizza veggie option & tater tots	Lentil loaf , green beans and mashed potatoes

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup		Soup of the day	Soup of the day		
Option 1	Thanksgiving School closed	Chicken tex mex subs with cheese served with potato wedges	Sheppards pie beef	Beef burgers pick your toppings tater tots	General tao chicken served with rice
Option 2	Thanksgiving School closed	Tex mex Veggie and tofu stuffed sweet potatoes	Lentil Sheppard pie (Vegetarian)	Black bean burger Pick your toppings tater tots	General tao tofu served with rice

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Option 1	Mac and cheese	Beef burrito, rice, cheese. Choose your toppings potato wedges	Chicken cacciatore served with spaghetti pasta	Chicken terryaki Asian style rice	Korean beef bowl, mixed veg pick your toppings, rice
Option 2	Tomato basil vegan or vegan basil pesto	Black bean veggie burrito choose your toppings potato wedges	Chickpea and potato cacciatore spaghetti pasta	Cauliflower terryaki Asian style rice	Korean veggie and tofu bowl pick your toppings, rice

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Soup		Soup of the day	Soup of the day	Soup of the day	Soup of the day
Option 1	No school	Pancakes, potatoes, bacon	Maple glazed salmon veg, mashed potatoes	Chicken soft tacos Spanish rice pick your toppings	Blackened chicken oven baked potato wedges, veg
Option 2	No school	Pancakes, potatoes, maple glazed tofu "bacon"	Maple glazed tofu and chick peas veg, mashed potatoes	Roasted veg soft tacos, Spanish rice pick your toppings	Vegetarian quiche