

Traiteur Saporito St. George's High School Menu – January 8-31, 2020

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup			Soup of the day	Soup of the day	Soup of the day
Option 1	PED DAY	PED DAY	Pasta with rose sauce	Fish tacos pick your toppings served with lemon rice	Chicken terryaki served with rice noodles
Option 2			Tomato basil (vegan)	Mixed bean and sweet potato veggie taco pick your toppings served with lemon rice	Tofu terryaki served with rice noodles
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	Mac n cheese	Sesame salmon, veggies and seasoned rice	Shepherd's pie	Chicken burrito bowls, pick your toppings served with quinoa	Pancakes, potatoes, bacon
Option 2	Tomato basil (Vegan)	Vegeterian sesame stir fry	Vegan lentil shepherd's pie	Sweet potato and tofu burrito bowls pick your toppings served with quinoa	Pancakes, potatoes, maple glazed tofu "bacon"
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day	Soup of the day		Soup of the day	Soup of the day
Option 1	Basil pesto pasta (Vegan)	Buddha Bowl herb chicken, roasted veg, seasoned rice	PED DAY	Assorted pizza chef's choice & tater tots	Butter chicken rice and salad
Option 2	Tomato basil pasta (Vegan)	Buddha vegan bowl tofu, roasted veg seasoned rice		Assorted pizza veggie option & tater tots	Vegan coconut curry rice and salad
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	Tomato basil pasta	Beef burrito, rice, cheese. Choose your toppings potato wedges	Portuguese chicken roasted vegetables and potato wedges	Homemade burgers pick your toppings and tater tots	Chicken shawarma seasoned rice and hummus
Option 2	Spaghetti bolognese (Meat sauce)	Black bean veggie burrito choose your toppings potato wedges	Potato egg and veggie fritatta	Homemade black bean burgers pick your toppings and tater tots	Cauliflower and crispy chickpea shawarma seasoned rice and hummus