

SSRH Cafeteria Menu

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Monday	Breaded Haddock	Chili	Fish Tacos (2)	Black Bean & Lentil Burrito	Fish Cakes Baked Beans Chow	Hot Turkey Sandwich Sunrise Blend Vegetables
	Potato Wedges	Baked Potato				
	Peas	Sour Cream & Chives				
Tuesday	Thai Chicken Noodle Bowl	Chicken Stir Fry	Black Bean Burrito Bowl Rice In Tortilla Bowl	Korean Beef	Pork Stir Fry	Butter Chicken Rice
		Rice		Rice	Rice	
		Sweet Chili or Honey Garlic		Honey Garlic or Peanut Sauce	Sweet Chili or Honey Garlic	
Wednesday	Taco Salad	Taco Pizza	Roasted Vegetable Pizza	Hawaiian Pizza	BBQ Chicken Pizza	Greek Pizza
	In Tortilla Bowl					
Thursday	Homemade Turkey Burger	Fish Burger	Aloha Burger	Rainbow Pepper Chicken Fajita Sour Cream & Salsa	Chicken Shawarma Wrap	Chicken Quesadilla Sour Cream & Salsa
	Sweet Potato Fries	Potato Wedges	Sweet Potato Fries			
	Spicy Mayo	Spicy Mayo	Spicy Mayo			
Friday	Spaghetti	Chicken Curry Casserole	Macaroni & Cheese	Chicken Parmesan Egg Noodles	Lasagna	Beef & Marconi Casserole
	1 Slice Garlic Toast or RF	1 Slice Garlic Toast or RF	1 Slice Garlic Toast or RF	1 Slice Garlic Toast or RF	1 Slice Garlic Toast or RF	1 Slice Garlic Toast or RF

RF = Served with a choice of roll or piece of fruit