

# Upper School Sample Menu:

## Breakfast

Eggs McRidley / Boiled Eggs  
Sausage Patties  
Blueberry Pancakes with Syrup  
Assorted Pastries  
Hot Cereal: Maple Oatmeal

## Lunch

Carved Roast Beef  
Garlic Red Mashed Potatoes  
Gravy  
Vegetable of the Day  
Soup of the Day  
Sticky Rice  
Made without Gluten: Roast Beef / Mashed / Veg.  
Vegetarian: Vegan Shepherd's Pie

## Dinner

Creamy Spinach Pasta  
Maple Glazed Pork Chops  
Baked Potato  
Vegetable of the Day  
Sticky Rice  
Made without Gluten: Roast Chicken  
Vegetarian: Kung Pao Stir Fry w/ Chickpeas

# Lower School Sample Menu:

## Breakfast

Eggs Burritos  
Boiled Eggs  
Sausage Links

## Lunch

Ginger Beef  
Sticky Rice  
Vegetable of the Day  
Vegetarian: Stir Fry with Tofu & Black Beans  
JK SK: Turkey Meatballs

## Dinner

Creamy Spinach Pasta  
Maple Glazed Pork Chops  
Baked Potato  
Vegetable of the Day  
Made without Gluten: Roast Chicken  
Vegetarian: Kung Pao Stir Fry w/ Chickpeas