



## November 2011 Cafeteria Menu

SCHOOLS OF THE SACRED HEART

CONVENT & STUART HALL

Check your account at <https://www.mynutrikids.com>  
 Contact us at [tastesh@tastenutrition.com](mailto:tastesh@tastenutrition.com)  
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*a healthy 'a la carte' selection and a gluten free menu is also available*

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Breakfast for Lunch •Cheese Omelet and Sausage •Buttermilk Pancakes (v)	<b>2</b> •Baked Chicken Strips with Ranch and BBQ Dipping Sauces •Pasta Simple Style with a Julienne of Vegetables (v)	<b>3</b> <i>original recipe</i> •Chinese Orange Chicken with Brown and White Rice •Tofu Veggie Delight (v)	<b>4</b> •North Beach Cheese Pizza (v) •North Beach Veggie Pizza (v)
<b>7</b> •BBQ Pork Spareribs with Molasses Baked Beans and Cornbread •Grilled Cheese Panini (v)	<b>8</b> •Turkey Chili with Baked Potato Wedges and All the Fixins' •Vegetarian Chili (v)	<b>9</b> •Spaghetti with Niman Ranch Meatballs and Garlic Bread •Spaghetti con Olio (v)	<b>10</b> <b>No Service</b>	<b>11</b> <b>No Service</b>
<b>14</b> •Teriyaki Chicken Drumettes with Jasmine Rice •Vegetarian Spring Rolls (v)	<b>15</b> •Black Angus Cheeseburgers on Whole Wheat Bun with Oven Baked Fries •Garden burgers (v)	<b>16</b> •Soft Chicken Tacos with Salsa Fresca and Guacamole •Cheese Quesadillas (v)	<b>17</b> •Fresh Baked Salmon with an Orange Glaze and Brown and White Rice •Grilled Cheese Panini (v)	<b>18</b> •Baked Penne Pasta with Mozzarella (v) •Eggplant Parmesan (v)
<b>21 International Day</b> Featuring: The Philippines •Chicken Adobo •Lumpia •Pancit (v)	<b>22</b> •Niman Ranch All Beef Hot Dog on Whole Wheat Bun •Veggie Dogs (v)	<b>23</b> <b>No Service</b>	<b>24</b> <b>Thanksgiving</b>	<b>25</b> <b>No Service</b>
<b>28</b> •Fish & Chips •Pasta Simple Style with a Julienne of Vegetables (v)	<b>29</b> •North Beach Cheese Pizza (v) •North Beach Pepperoni Pizza (v)	<b>30</b> •All Natural Turkey Meatloaf with Gravy and Organic Mash Potatoes •Grilled Cheese Panini (v)		

All entrées are "Kid Friendly" and are prepared using the freshest and healthiest ingredients available.

All Meals include Fresh Fruits and Vegetables.

v: Vegetarian Entrée