



St. John's Nursery School- Stone Crock Lunch Menu v1

Fall Menu (September through December)

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Turkey Meatballs Mac and Cheese Pasta Cooked Vegetable	Shepherd's Pie (Mashed Potatoes and Beef) Cooked Vegetable	Chicken Stir-fry Vegetable Dumplings (chicken, rice, carrots, snow peas, water chestnuts, baby corn, hoisin sauce)	Vegan Pepperoni Pizza Garden Salad Oil and Balsamic Dressing	Chicken Schnitzel Brown Rice Cooked Vegetable
Week 2	Fish Fillet Brown Rice Cooked Vegetable	Turkey Sausage on a Whole Wheat Bun Potato Wedges Cooked Vegetable	Beef Bolognese Whole Wheat Pasta Cooked Vegetable	Butter Chicken Basmati Rice Nann Broccoli	Veggie Burger Sweet Potato Fries Cooked Vegetables
Week 3	Grilled Cheese Homemade Tomato Soup Cooked Vegetable	Baked Chicken Burger Sweet Potato Fries Raw Carrots and Cucumbers	Mexican Street Corn Salad Mexican Picadillo (ground beef & potato with green peppers, onion, garlic, tomato sauce, beef broth) Tortilla Chips	Beef Sloppy Joes on a Whole Wheat Bun Baked Sweet Potato Fries Cooked Vegetable	Pesto Chicken Pasta with peppers Ceaser Salad creamy Ceaser Dressing
Week 4	Za Atar Lemon Chicken Jasmine Rice Roasted Vegetables (red pepper, zucchini, egg plant with garlic rice)	Breaded Fish Brown Rice Cooked Vegetable	Mini Broccoli and Cheese Quiche Garden Salad Oil and Balsamic Dressing	French Toast with Maple Syrup Turkey Breakfast Sausage	Beef Meatloaf Mashed Potatoes Cooked Vegetables

** Water is available for the children to drink