



St. John's Nursery School- Stone Crock Lunch Menu V1

Fall Menu (September through December)

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