



Local Food – Local People

Syringa Mountain School
Lunch Program April 2017

Monday, April 3rd

Veggie Alfredo

Creamy Cheese Sauce and Penne Noodles with Sourdough Bread With onions, garlic, spinach Tomatoes and Green Salad

Tuesday, April 4th

Taco Salad

with Roasted Tomato Salsa and Queso Fresco, Corn & Beans Salad
Includes onions, jalapeños, garlic, tomato and cilantro & Corn tortillas. **Gluten free!**

Wednesday, April 5th

Chicken Caesar salad

with Sourdough Croutons, Includes egg, Tabasco olive oil, Dijon & lemon juice,
Dijon and anchovies in dressing. Parmesan cheese. **Gluten Free except Croutons**

Thursday, April 6th

Vegetable Soup

with Beans, Corn, Peas, Onions, Garlic and Carrots with Sourdough Bread and Green Salad

Friday, April 7th

Chicken Alfredo

With Chicken, Creamy Cheese Sauce and Penne Noodles with Sourdough Bread and Green Salad

Monday, April 10th

Tomato and Basil Bisque

with Sourdough Bread and Green Salad, Includes garlic, olive oil and onion. **Gluten Free except sourdough. Vegetarian.**

Tuesday, April 11th

Taco Salad

with Grass Fed Beef, Roasted Tomato Salsa and Queso Fresco, Rice and Beans
Includes onions, jalapeños, garlic, tomato and cilantro & Corn Tortilla Chips. **Gluten free!**

Wednesday, April 12th

Chicken Noodle Soup

Chicken, celery, carrots and Green Salad

Thursday, April 13th

Veggie Alfredo

Creamy Cheese Sauce and Penne Noodles with Sourdough Bread With onions, garlic, spinach Tomatoes and Green Salad

Tomato and Basil Bisque

with Sourdough Bread and Green Salad, Includes garlic, olive oil and onion. **Gluten Free except sourdough. Vegetarian.**

Friday, April 14th

Spaghetti Bolognese Bake

with Sourdough Bread and Green Salad, Includes olive oil, red wine vinegar and herbs.

Monday, April 17th

Tomato and Basil Bisque

with Sourdough Bread and Green Salad, Includes garlic, olive oil and onion. **Gluten Free except sourdough. Vegetarian.**

Tuesday, April 18th

Taco Salad

with Grass Fed Beef, Roasted Tomato Salsa and Queso Fresco, Rice and Beans
Includes onions, jalapeños, garlic, tomato and cilantro & Corn Tortilla Chips. **Gluten free!**

Wednesday, April 19th

Chicken Enchiladas

with Chicken, Onions, peppers, cheese and tomatoes. With a Green Salad

Thursday, April 20th

Vegetarian Chili

Onions, Peppers, Beans with Sourdough Bread and Green Salad.

Friday, April 21st

Chicken Caesar salad

with Hearty Sourdough Croutons, Includes egg, Tabasco olive oil, Dijon & lemon juice,
Dijon and anchovies in dressing. Parmesan cheese. **Gluten Free except Croutons**

Monday, April 24th

Vegetarian Soup

Onions, Peppers, Beans, Carrots, Celery with Sourdough Bread and Green Salad.

Tuesday, April 25th

Taco Salad

with Grass Fed Beef, Roasted Tomato Salsa and Queso Fresco, Rice and Beans
Includes onions, jalapeños, garlic, tomato and cilantro & Corn Tortilla Chips. **Gluten free!**

Wednesday, April 26th

Chicken Pot Pie

With Chicken, Corn, Peas, Green Beans, Carrots, Celery and Potatoes.

Thursday, April 27th

Vegetable Soup

with Beans, Corn, Peas, Onions, Garlic and Carrots with Sourdough Bread and Green Salad

Friday, April 28th

Chicken Alfredo

With Chicken, Creamy Cheese Sauce and Penne Noodles with Sourdough Bread and Green Salad