


SHADY SIDE

ACADEMY

Senior School
WEEK 2 (APRIL 8 – APRIL 15)

Gluten free options are available daily.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day Breakers	Omelet Station or Sausage & Biscuits Ham Steak Hash Browns Assorted Cold Cereal Assorted Fruits	Waffle Bar or Southwest Frittata Crispy Bacon Home Fries Assorted Cold Cereal Assorted Fruits	Omelet Station or Chocolate Chip Bread Pudding Maple Sausage Hash Browns Assorted Cold Cereal Assorted Fruits	Waffle Bar or Smoked Salmon & Chive Scrambled Eggs Sausage Patty Breakfast Potatoes Assorted Cold Cereal Assorted Fruits	Omelet Station or Breakfast Bowl Crispy Bacon Breakfast Potatoes Assorted Cold Cereal Assorted Fruits	Dill Brined Chicken Sandwich Waffle Station Cheesy Scrambled Eggs Ham, Egg & Cheese Bake	Omelet Station California Breakfast Turkey Burger Breakfast Burrito Mushroom & Spinach Egg Muffins
Main Plate	Cheese Tortellini or Meatball Casserole Garlic Bread Roasted Broccoli Vegetable Medley	 Nacho Bar Mexican Rice Corn Vegetable Medley	BBQ Grilled Chicken or Vegetable Asiago Quiche Macaroni & Cheese Brussels Sprouts Vegetable Medley	Chicken Philly or Open Face Tuna Melt Onion Rings Zucchini & Squash Vegetable Medley	GRILLED CHEESE DAY 3 Cheese Grilled Cheese or Baked Ham Au Gratin Potatoes Roasted Carrots Vegetable Medley	Home Fries Turkey Sausage Assorted Cold Cereals Fruit & Yogurt Bar	Banana French Toast Shredded Hash Browns Breakfast Sausage Patty Assorted Cold Cereals Fruit & Yogurt Bar
Evening Main Plate	Chimichurri Flank Steak or Tofu Cacciatore Steak Fries Green Beans Vegetable Medley	Blackened Chicken Alfredo or Grilled Vegetable & Kale Pesto Cavatappi Garlic Bread Broccoli Vegetable Medley	Lemon Dill Salmon or Vegetable Napoleons Herbed Redskins Asparagus Vegetable Medley	Beef Stroganoff or Roasted Vegetable Empanada Noodles Corn Vegetable Medley	BBQ Meat Loaf or Lentil Meat loaf Mashed Potato Braised Cabbage Vegetable Medley	Mediterranean Chicken Or Vegetable Tofu Stacks Wild Rice Pilaf Bruleed Tomatoes Vegetable Medley	CHEF'S CHOICE

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