



2010 SUMMER SCHOOL LUNCH MENU

FROM JULY 6 TO JULY 23

<i>DAY</i>	<i>MAIN DISH</i>	<i>SIDE DISHES</i>	<i>FRUIT</i>	<i>DRINKS</i>
Tuesday	Breaded Chicken Tenders Baked hash brown.	Iceberg lettuce with ranch dressing	Fruit	Milk / Juice / Water
Wednesday	Meat Kufte Balls (3 balls) Baked Hash Brown.	Corn Cucumber sticks	Fruit	Milk / Juice / Water
Thursday	Lentil & Basmati Rice with baked Chicken Tenders.	Yogurt / cucumber with fresh dill	Fruit	Milk / Juice / Water
Friday	Roast Beef with Mushroom Gravy. Fresh Mashed Potatoes.	Steamed peas, carrots and corn	Fruit	Milk / Juice / Water
Monday	5 Meatballs Basmati Rice.	Steamed corn, peas & carrots	Fruit	Milk / Juice / Water
Tuesday	5 pieces Cheese Ravioli with baked Chicken Tenders & Alfredo sauce.	Cucumber Sticks	Fruit	Milk / Juice / Water
Wednesday	Meat Kufte Balls (3 balls) Baked Hash Brown.	Corn, Cucumber sticks	Fruit	Milk / Juice / Water
Thursday	Shell Pasta with Baked Chicken Tenders. Pesto sauce.	Steamed corn, peas & carrots	Fruit	Milk / Juice / Water
Friday	2 Skewers chicken tender khorovatz, Basmati rice.	Yogurt/cucumber with fresh dill	Fruit	Milk / Juice / Water
Monday	2 Skewers ground beef khorovatz Basmati Rice. Hummus.	Armenian Salad Bread	Fruit	Milk / Juice / Water
Tuesday	Breaded Chicken Tenders Baked hash brown.	Iceberg lettuce with ranch dressing	Fruit	Milk / Juice / Water
Wednesday	Meat Kufte Balls (3 balls) Baked Hash Brown.	Corn Cucumber sticks	Fruit	Milk / Juice / Water
Thursday	Lentil & Basmati Rice with baked Chicken Tenders.	Yogurt / cucumber with fresh dill	Fruit	Milk / Juice / Water
Friday	Roast Beef with Mushroom Gravy. Fresh Mashed Potatoes.	Steamed peas, carrots and corn	Fruit	Milk / Juice / Water