

Discovery KITCHEN

GET FRESH. BUY LOCAL.

create

Chartwells dining Services November 2022 lunch menu

This month we're celebrating autumn squash



in your café!

Extra Extra

List snack and beverages
Featuring:

- After School snack program 2:30pm-3:15pm
- Pre-made salads, sandwiches
- Grab and go snacks

ON THE GO

Daily Specials

Assorted pre-packaged entrée salads and deli

Daily Specials may include...

- Chicken Caesar Salad,
 - Turkey Club Sandwich,
 - Italian Sub and Yogurt Parfaits,
 - Pudding Parfaits
- fresh Mozz sticks, Fresh apples and oranges

31	1	2	3	4
	Southwestern Rice Bowl Taco Meat, Sour Cream, Salsa, Cheddar Cheese w/ Side of Chips	Ultimate Philly Cheese Steak Sandwich with Steak Fries	Chicken & Broccoli Stir Fry over White Rice with Egg Roll	Fish Fry w/ Coleslaw, Fries & Tarter or Cocktail Sauce
7	8	9	10	11
Jamaican Beef Patty with Tropical Rice & Buttered Corn	Taco Tuesday Soft Shell Ground Beef Taco's with Fiesta Rice & Black Beans	Spaghetti & Meatballs with Garlic Bread	Open faced Turkey Sandwich w/ Fries & Gravy	Closed for Veteran's Day
14	15	16	17	18
Beef Lo Mein with Stir Fry Vegetable and Egg Roll	Ultimate Nacho's Shredded all natural chicken, queso cheese sauce, black beans, salsa and sour cream	Pulled Pork with Mac & Cheese & Corn Bread	Grilled Marinated Spiedie Melt served with Seasoned Potato Wedges	Conference Day No School
21	22	23	24	25
Sloppy Tom's With Seasoned Potato Wedges	Taco Tuesday Soft Shell Ground Beef Taco's with Fiesta Rice & Black Beans	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break
28	29	30		
Chicken Parmesan with Ziti & Garlic Bread	Southwestern Rice Bowl Taco Meat, Sour Cream, Salsa, Cheddar Cheese w/ Side of Chips	Ultimate Philly Cheese Steak Sandwich with Steak Fries		



Cheese pizza or specialty pizza of the day served daily

Pasta bar daily, fresh pasta
Your choice of Alfredo sauce, pesto sauce, or marinara

grill'd

Cheeseburger and Fry Boats

Breaded Chicken Sandwich and Fry Boats

SO DELI

A house favorite

Freshly sliced premium deli meats and cheeses

Fresh bread daily delivered from Rockland Bakery

Pre-made sandwich combo and pre-made foot long subs

Menu Subject to Change

All grain items are made with whole grains

If you have any food allergies, please let us know!

Prices: Student Meal Deal \$6.00 • Which includes fresh protein, starch and veg and a bottled water or Arnold Palmer Tea Contact: Patrick.rowe@compass-usa.com



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