



LUNCH MENU

WEEK OF JANUARY 30TH



ST. HILDA'S & ST. HUGH'S

a hands-on approach to fresh food

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Butternut Squash	Minestrone	Chicken and Corn Chowder	Vegetable with Alphabet	Tomato
ENTRÉE	Dijon and Honey Glazed Chicken	Rotini Pasta with Marinara, Italian Sausage, and Peppers	Pork Loin with Apple Cider Glaze and Roasted Apples	Roast Turkey with Gravy	Scrambled Egg, Cheese and Sausage Sandwich
VEGETARIAN ENTRÉE	Vegetable Tian with Tomatoes • Zucchini Carrots and Potatoes	Penne Primavera	Cauliflower au Gratin	Roasted Stuffed Tomatoes with Pesto Farro and Mushrooms	Vegetable Quiche
ACCOMPANIMENT	Baked Dumpling Squash	Broccoli Rabe with Roasted Garlic	Sautéed Kale with Roasted Tomatoes	Baked Peas with Parmesan	Green Beans
ACCOMPANIMENT	Toasted Israeli Couscous with Brown Butter	Italian Bread	Wild Rice Pilaf	Mashed Potatoes	Hash Browns
			ITEMS LISTED BELOW ARE OFFERED DAILY, BASED ON SEASONAL AVAILABILITY		
MAKE YOUR OWN	SANDWICH	Ciabatta Roll Club Roll Whole Wheat Bread Gluten Free Bread	Turkey • Ham • Grilled Chicken • Tuna		
			American • Provolone • Cheddar • Mozzarella • Condiments • Hot Sauce		
	SALAD	Romaine • Boston Arugula • Escarole	Lettuce • Tomato • Pickled Onion • Roasted Vegetables • Carrots • Beans Celery • Cucumbers • Hard Boiled Eggs • Cheeses		
			Balsamic Vinaigrette • Apple Cider Vinaigrette • Caesar Dressing CTY - LREI Pepper Sauce • Oil & Vinegar		
COMPOSED SALADS		Protein Salad Grain Salad Vegetable Salad	Our Salads are Seasonally Based and Change Daily		
BEVERAGES			Homemade Aqua Fresca • Flavored Waters • Reduced Fat Milk from Battenkill Creamery		
DESSERTS			Fruit Salad • Whole Fruit		