

Harvest of the Month:
LETTUCE & SPINACH

Lunch at Philip's Academy Newark
March 11 - April 5, 2019



11		12		13		14		15			
Week One		Monday		Tuesday		Wednesday		Thursday		Friday	
Soup	Manhattan Fish Chowder	Tomato & Spinach Bisque	Southwest Chicken & Rice	Vegan Mushroom	NO SCHOOL						
Entrée	Veggie Bolognese	Beef Hot Dogs	Butternut Mac & Cheese	Corned Beef							
Starch	Whole Grain Spaghetti	WW Bun		Whole Grain Elbows	Red Potatoes						
Vegetable	Sauteed Spinach	Homemade Ketchup & Sweet Pot. Fries	Green Beans	Cabbage & Carrots							
Dessert	Bananas	Yogurt w/ Granola	Apples	Irish Soda Bread							
18		19		20		21		22			
Week Two		Monday		Tuesday		Wednesday		Thursday		Friday	
Soup	Spring Vegetable Minestrone	Turkey Noodle	Carrot Ginger Puree	Cream of Broccoli	Chef's Choice						
Entrée	Spaghetti & Turkey Meatballs	Vegetable Chili	Honey Chipotle Salmon	Beef Stew	Pizza						
Starch	Whole Grain Spaghetti	Mini Corn Muffin	Cous Cous	Mashed Potatoes	Included						
Vegetable	Broccoli	Included	Mixed Vegetables	Carrots, Peas & Pearl Onions	Caesar's Salad						
Dessert	Mandarins	Grapefruit	Applesauce	Coconut Oatmeal Cookies	Oranges						
25		26		27		28		29			
Week Three		Monday		Tuesday		Wednesday		Thursday		Friday	
Soup	Beef French Onion	Spicy Black Bean	Chick Pea & Spinach Curry	Thai Coconut Fish	Chef's Choice						
Entrée	Meatless 'Chicken Alfredo'	Beef Burrito Bowl	Chicken Tikka Masala	Tofu & Vegetable Stir Fry	Turkey & Tuna Sandwiches						
Starch	Whole Grain Fettuccini	Brown Rice	Whole Grain Garlic Naan	Whole Grain Lo Mein	WW Roll & Root Veg Chips						
Vegetable	Garlic Spinach	Pico de Gallo	Peas	Included	Lettuce & Tomato						
Dessert	Grapefruit	Bananas	Tangerines	March Birthday Treats	Apples						
1		2		3		4		5			
Week Four		Monday		Tuesday		Wednesday		Thursday		Friday	
Soup	Chicken Mulligatawny	Vegetable Barley	Turkey Wild Rice	Potato Leek	Chef's Choice						
Entrée	Vegetable Samosas	BBQ Chicken Legs	Pasta Primavera	Cajun Tilapia Stew	Cheesesteak Sandwiches						
Starch	Brown Rice	Corn on the Cobb	Whole Grain Linguini	Grits	WW Bun						
Vegetable	Mango Chutney	Kale Slaw	Spinach, Squash, Asparagus Carrots	Peppers, Onions, & Okra	Peppers, Onions, & Crudite'						
Dessert	Pineapple	Mango Yogurt	Grapes	Graham Crackers	Oranges						

Questions? Love something we make? Want to share a favorite dish or recipe? Email us bmedina@pacnewark.org

WE CREATE VEGAN VERSIONS OF THE DAILY ENTRÉE

Menus subject to change based on availability