

Harvest of the Month:
APPLES & SQUASH

Lunch at Philip's Academy Newark
October 22- November 16, 2018



22		23		24		25		26	
Week One		Monday	Tuesday	Wednesday	Thursday	Friday			
Soup	Jamaican Chicken & Pumpkin	Chickpea & Pasta	Beef Sancocho	Garden Vegetable	Chef's Choice				
Entrée	Vegetable Alfredo	Buffalo Chicken Legs	Lemon Herb Tilapia	Farmer's Market Ouesadillas	Sandwich Day				
Starch	Whole Wheat Farfalle	Corn on the Cob	Cous Cous	Brown Rice w/ Black Beans	Whole Grain Roll & Root Veg Chips				
Vegetable	Yellow Squash & Broccoli	Cabbage Slaw	Maple Carrots	Pico de Gallo	Lettuce & Tomato				
Dessert	Grapefruit	Spiced Pear Smoothie	Apples	Oranges	Whole Grain Pumpkin Cookies				
29		30		31		1		2	
Week Two		Monday	Tuesday	Wednesday	Thursday	Friday			
Soup	Beef Barley	Spicy Black Bean	Split Pea	Tomato Basil	Chef's Choice				
Entrée	Baked Ziti	White Chicken Chili	Beef "Mummy" Loaf	Italian Turkey Sausage	Veggie Sliders				
Starch	Whole Wheat Ziti	Mini Corn Muffin	Mashed Potatoes	Polenta	Whole Grain Rolls & Parsnip Fries				
Vegetable	Peas	Included	Brussel Sprouts	Peppers & Onions	Lettuce & Tomato				
Dessert	Pears	Applesauce	Clementines	Zucchini Bread	Peaches				
5		6		7		8		9	
Week Three		Monday	Tuesday	Wednesday	Thursday	Friday			
Soup	Curry Chicken	Apple Cinnamon Oatmeal	Beefy French Onion	Miso	Chef's Choice				
Entrée	Vegetable Samosas	Turkey Bacon & Eggs	Cheese Ravioli	Orange Chicken	Sandwich Day				
Starch	Basmati Rice	Mini Whole Grain Muffin	Included	Jasmine Rice	Whole Grain Roll & WW Pretzels				
Vegetable	Mango Chutney	Sweet Potato Hash	Vegetable Medley	Included	Lettuce & Tomato				
Dessert	Shrikand	Oranges	Bananas	Plums	Cinnamon Applesauce				
12		13		14		15		16	
Week Four		Monday	Tuesday	Wednesday	Thursday	Friday			
Soup	Southwest Turkey	Butternut Squash & Coconut	Sweet Potato & Black Bean Chili	Roasted Red Pepper	Chef's Choice				
Entrée	Butternut Squash Mac & Cheese	Beef Bulgogi	Turkey Burgers	Chicken Pot Pie	Pizza				
Starch	Whole Grain Penne	Brown Rice	Whole Grain Bun & Sweet Potato Fries	Whole Grain Crust	Whole Grain Dough				
Vegetable	Garlic Spinach	Quick Kimchi	Lettuce & Tomato	Potatoes, Peas & Carrots	Caesar's Salad				
Dessert	Yogurt w/ Granola	Grapes	Apples	Grapefruit	Whole Wheat Ginger Cookies				

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