

Harvest of the Month:
SQUASH & CABBAGE

Lunch at Philip's Academy Newark
November 19 - December 14, 2018



19		20		21		22		23			
Week One		Monday		Tuesday		Wednesday		Thursday		Friday	
Soup	Mushroom Barley	1/2 DAY		NO SCHOOL		NO SCHOOL		NO SCHOOL		NO SCHOOL	
Entrée	Beef Hot Dogs	THANKSGIVING FEAST									
Starch	Whole Wheat Bun										
Vegetable	Baby Carrots										
Dessert	Pears										
26		27		28		29		30			
Week Two		Monday		Tuesday		Wednesday		Thursday		Friday	
Soup	Chicken & Rice	Lentil	Cabbage & Bean		Beef Noodle	Chef's Choice					
Entrée	Vegetable Bolognese	BBQ Chicken Legs	Beef Stew		Vegetable Korma	Turkey & Tuna Sandwiches					
Starch	Whole Wheat Fettuccini	Corn on the Cob	Potatoes		Basmati Rice	Whole Wheat Roll & Terra Chips					
Vegetable	Included	Cabbage Slaw	Carrots, Pearl Onions & Peas		Included	Lettuce & Tomato					
Dessert	Plums	Melon	Grapes		Apples	Ginger Pear Yogurt					
3		4		5		6		7			
Week Three		Monday		Tuesday		Wednesday		Thursday		Friday	
Soup	Turkey Italian Wedding	Corn & Potato Chowder	Split Pea		Black Bean	Chef's Choice					
Entrée	Baked Ziti	Herbed Tilapia	Beef Chili Bake		Chicken Barley 'Stoup'	Grilled Cheese Sandwiches					
Starch	Whole Grain Ziti	Couscous Pilaf	Corn Bread Topping		Whole Wheat Breadsticks	Whole Grain Baguette					
Vegetable	Garlic Green Beans	Carrots	Broccoli		Carrots, Onion, Celery & Zucchini	Crudite'					
Dessert	Grapefruit	Applesauce	Oranges		Pears	Spicy Mexican Chocolate Cake					
10		11		12		13		14			
Week Four		Monday		Tuesday		Wednesday		Thursday		Friday	
Soup	Ginger Beef	Kale & Chickpea	Apple & Squash		Carribbean Black-eyed Pea	Chef's Choice					
Entrée	Vegetable 'Fried' Cauliflower Rice	Turkey Meatballs	Farmer's Market Quesadillas		Jerk Chicken Legs	Turkey & Tuna Sandwiches					
Starch	Spring Rolls	Whole Wheat Spaghetti	Brown Rice w/ Black Beans		Coconut Rice & Red Beans	Whole Grain Roll & Pretzels					
Vegetable	Cabbage, Peas & Carrots	Peas	Pico de Gallo		Sauteed Cabbage	Lettuce & Tomato					
Dessert	Melon	Graham Crackers	Apples		Oranges	WW Chocolate Chip Cookies					

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

WE CREATE VEGAN VERSIONS OF THE DAILY ENTRÉE

Menus subject to change based on availability