

Cathedral High School
 Cycle 2 Winter
 Lunch Menu 2009 - 2010
 Master Week 9 03/15 to 03/19



STOP
 think about eating a smaller portion
SLOW
 balance your meal with green choices
GO
 eat all you want!

	Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> ● Beef Noodle Soup with Vegetables 	<ul style="list-style-type: none"> ● Tomato Bisque 	<ul style="list-style-type: none"> ● Irish Leek and Potato Soup 	Educational Seasoning The Food of Jamaica <ul style="list-style-type: none"> ● Callaloo Soup (A coconut kale soup) 	<ul style="list-style-type: none"> ● Clam Chowder
	<ul style="list-style-type: none"> ●●● The Salad Works 	<ul style="list-style-type: none"> ●●● The Salad Works 	<ul style="list-style-type: none"> ●●● The Salad Works 	<ul style="list-style-type: none"> ●●● The Salad Works 	<ul style="list-style-type: none"> ●●● The Salad Works
	<ul style="list-style-type: none"> ●●● Classic Cuts Deli 	<ul style="list-style-type: none"> ●●● Classic Cuts Deli 	<ul style="list-style-type: none"> ●●● Classic Cuts Deli 	<ul style="list-style-type: none"> ●●● Classic Cuts Deli 	<ul style="list-style-type: none"> ●●● Classic Cuts Deli
	<ul style="list-style-type: none"> ● Pork Loin Cutlet with Onion Gravy ● Chicken California with Bow Ties, Mushroom, Sun Dried Tomatoes & Peas <ul style="list-style-type: none"> ● Rice Pilaf ● Puree of Carrots, Parsnip & Celery Root ● Sautéed Spinach with Onions & Mushrooms <ul style="list-style-type: none"> ● Assorted Fresh Fruit & Melon 	<ul style="list-style-type: none"> ● Beef & Broccoli Lo Mein ● Grilled Texas Toast Ham & Cheese <ul style="list-style-type: none"> ● Baked Potato Wedges ● Tuscan Vegetable Blend <ul style="list-style-type: none"> ● Sweet Corn ● Garden Salad ● Assorted Fresh Fruit & Melon 	<ul style="list-style-type: none"> ● Baked Cajun Chicken Breast with Peppers & Onions ● Corned Beef and Cabbage ● New Boiled Parleyed Potatoes <ul style="list-style-type: none"> ● Glazed Carrots ● Broccoli with Lemon ● Assorted Fresh Fruit & Melon 	Educational Seasoning The Food of Jamaica A Special plate with <ul style="list-style-type: none"> ● Jamaican Beef Pie ● Jerked Pork Tenderloin ● Aloo Pie { Potato Pie } ● Caribbean Black Beans ● Tostones (Fried Plantains) ~~~~~ ● Chicken Parmesan Sandwich ● Baked Tater Tots ● Greens Beans 	<ul style="list-style-type: none"> ● Baked 3 Cheese & Wagon Wheels Pasta ● Fish Sandwich ● Brussels Sprouts Dijon <ul style="list-style-type: none"> ● Ratatouille ● Garden Salad ● Assorted Fresh Fruit & Melon
	<ul style="list-style-type: none"> ● French Fries ● Hamburgers ● Hot Dogs ● Chicken Tenderloins ● Cheese Pizza ● Pepperoni Pizza 	<ul style="list-style-type: none"> ● French Fries ● Hamburgers ● Hot Dogs ● Chicken Tenderloins ● Cheese Pizza ● Pepperoni Pizza 	<ul style="list-style-type: none"> ● French Fries ● Hamburgers ● Hot Dogs ● Chicken Tenderloins ● Cheese Pizza ● Chicken, Bacon, Alfredo Pizza 	<ul style="list-style-type: none"> ● French Fries ● Hamburgers ● Hot Dogs ● Chicken Tenderloins ● Cheese Pizza ● Ham & Sausage Pizza 	<ul style="list-style-type: none"> ● French Fries ● Hamburgers ● Hot Dogs ● Chicken Tenderloins ● Cheese Pizza ● Meat Ball Grinder
	<ul style="list-style-type: none"> ● Assorted Fresh Baked Cookies ●● Assorted Ice Cream Bars 	<ul style="list-style-type: none"> ● Assorted Fresh Baked Cookies ● Assorted Ice Cream Bars 	<ul style="list-style-type: none"> ● Assorted Fresh Baked Cookies ● Apple Pie 	<ul style="list-style-type: none"> ● Assorted Fresh Baked Cookies ●● Assorted Ice Cream Bars 	<ul style="list-style-type: none"> ● Assorted Fresh Baked Cookies ● Blueberry Pie

At The Salad Works salad bar a variety of prepared salads are served alongside fresh salad greens & toppings each day. SAGE's chefs offer at least six low fat, made-from-scratch salad dressings along with traditional favorites. At The Classic Cuts Deli® bar, a variety of cheeses, ham, turkey, & deli salads are freshly prepared each day. Students can create their own favorite sandwich. The following menu is based on a four-week Master Cycle Menu, whose Spotlight dot colors have been reviewed for accuracy by SAGE's Registered Dietitian. The Master Cycle Menu is available through your Food Service Director.