

The British International School of New York



Weekly Menu 3	Monday 3/1	Tuesday 3/2	Wednesday 3/3	Thursday 3/4	Friday 3/5
Souper Soups	Broccoli & Cheese	Pasta e Fagioli	Cream of Mushroom	Garden Veggie	Split Pea
Chef's Choice Entrée	Grilled Chicken Strips & BBQ Sauce w/ Oven Fries	White Turkey Chili w/ Brown Rice	Lemon Baked Fish w/ Mashed Sweet Potato	Cheese Ravioli w/ Meat (Marinara) Sauce	Chicken & Cheese Quesadilla w/ Spanish Rice
Chef's Choice Vegetarian Entrée	Grilled Tofu Strips & BBQ Sauce w/ Oven Fries	White Bean Chili w/ Brown Rice	Lemon & Herb Baked Chickpea Patty w/ Mashed Sweet Potato	Cheese Ravioli w/ Marinara Sauce	Black Bean & Cheese Quesadilla w/ Spanish Rice
Vegetable	Peas & Corn	Steamed Vegetable Medley	Green Beans	Broccoli	Zucchini
Salad	Macaroni Salad	Baked Potato Bar	Baby Spinach, Strawberry & Feta Cheese Salad	Lentil & Roasted Vegetable Salad	Tomato & Avocado Salad
Sandwich	Tuna Salad on Roll	Egg Salad on Wheat	Grilled Chicken on Wheat	Hummus & Veggie Wrap	Turkey on Wheat
Dessert	Yogurt Bar <i>(Strawberry or Vanilla w/ Granola & Fruit)</i>	Strawberry Cobbler	Applesauce	Fresh Fruit Salad	Chocolate Chip Cookie

Notes:

- Salad bar available daily includes: Lettuce, variety of fresh, seasonal, raw & steamed vegetables and toppings, carrot & celery sticks.
- Plain cheese sandwich on wheat bread available daily.
- 2% milk (growth hormone free), cottage cheese & yogurt available daily.
- All soups are vegetarian.
- Chef's choice additional vegetable and composed salad available daily.
- All meals are cooked from scratch daily using fresh, natural ingredients.

Menu subject to change.

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Weekly Menu 4	Monday 3/8	Tuesday 3/9	Wednesday 3/10	Thursday 3/11	Friday 3/12
Souper Soups	Vegetable Noodle	Alphabet - Tomato	Garden Bean	Potato Leek	Ginger Carrot
Chef's Choice Entrée	Shepherd's Pie	Chicken Tikka Masala w/ Basmati Rice	Ground Turkey & Spinach Lasagna	Brunch <i>Pancakes, French Toast, Scrambled Eggs, Turkey Sausage</i>	Salmon Cakes w/ Parmesan Noodles
Chef's Choice Vegetarian Entrée	Bean & Vegetable Shepherd's Pie	Curry Chickpeas & Cauliflower w/ Basmati Rice	Deep Dish Spinach Lasagna	Brunch <i>Pancakes, French Toast, Scrambled Eggs, Veggie Sausage</i>	Vegetable & White Bean Cakes w/ Parmesan Noodles
Vegetable	Zucchini	Steamed Carrots	Broccoli	Green Beans	Peas & Carrots
Salad	Whole Wheat Penne, Corn, Tomato & Black Bean Salad	Couscous, Tomato, Mint & Feta Salad	Carrot & Herb Salad	Whole Wheat Penne & Roasted Veggie Salad	Baked Potato Bar
Sandwich	Egg Salad on Wheat	Turkey on Wheat	Hummus & Veggie Wrap	Tuna Salad on Wheat English Muffin	Chicken Salad w/ Dried Cranberries on Wheat
Dessert	Yogurt Bar <i>(Strawberry or Vanilla w/ Granola & Fruit)</i>	Vanilla Pudding	Peaches	Orange Wedges	Brownie

Notes:

- Salad bar available daily includes: Lettuce, variety of fresh, seasonal, raw & steamed vegetables and toppings, carrot & celery sticks.
- Plain cheese sandwich on wheat bread available daily.
- 2% milk (growth hormone free), cottage cheese & yogurt available daily.
- All soups are vegetarian.
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Weekly Menu 5	Monday 3/15	Tuesday 3/16	Wednesday 3/17	Thursday 3/18	Friday 3/19
Souper Soups	Lentil Spinach	Butternut Squash	White Bean & Roasted Red Pepper	Tomato – Rice	Miso & Mushroom
Chef's Choice Entrée	Roasted Turkey Breast & Gravy w/ Stuffing	Greek Chicken Wrap w/ Hummus & Pita Chips	Baked Macaroni & Cheese w/ Ground Turkey	Quiche Lorraine	Chicken Pot Pie
Chef's Choice Vegetarian Entrée	Roasted Lentil Loaf & Mushroom Gravy w/ Stuffing	Falafel Wrap w/ Hummus & Pita Chips	Baked Macaroni & Cheese	Mushroom & Spinach Quiche	Vegetable & White Bean Pot Pie
Vegetable	Roasted Brussels Sprouts	Zucchini	Green Beans	Broccoli	Honey Glazed Carrots
Salad	Baked Sweet Potato Bar	Tabbouleh	Baby Spinach w/ Dried Cranberries & Fresh Orange	Lentil, Carrot & Raisin Salad	Roasted Beet Salad
Sandwich	Tuna Salad on Wheat	Egg Salad on Roll	Turkey on Wheat	Grilled Chicken on Wheat	Chicken Salad Wrap
Dessert	Apple Cobbler	Vanilla Pudding	Fresh Fruit Salad	Applesauce	Chocolate Chip Cookie

Notes:

- Salad bar available daily includes: Lettuce, variety of fresh, seasonal, raw & steamed vegetables and toppings, carrot & celery sticks.
- Plain cheese sandwich on wheat bread available daily.
- 2% milk (growth hormone free), cottage cheese & yogurt available daily.
- All soups are vegetarian.
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Special Book Week Menu

Weekly Menu 6	Monday 3/22	Tuesday 3/23	Wednesday 3/24	Thursday 3/25	Friday 3/26
Souper Soups	<i>Stone Soup by Heather Forest</i> Potato Vegetable Soup	<i>Pumpkin Soup by Helen Cooper</i> Pumpkin Soup	Black Bean & Corn	Growing Vegetable Soup by Lois Ehlert Vegetable Soup	Minestrone
Chef's Choice Entrée	Boneless BBQ Pork Riblet w/ Corn Muffin	Whole Wheat Penne Pasta Tossed w/ Chicken Breast & Parmesan	<i>Let's Eat by Ana Zamorano</i> Chicken Empanadas	Herb Baked Tilapia w/ Baked Sweet Potato Fries	Turkey, Cheese & Veggie Hero
Chef's Choice Vegetarian Entrée	Vegetarian BBQ Soy Riblet w/ Corn Muffin	Whole Wheat Penne Pasta Tossed w/ Navy Beans & Parmesan	Veggie Empanadas	Herb Baked Tofu w/ Baked Sweet Potato Fries	Hummus, Cheese & Veggie Hero
Vegetable	<i>The Mighty Asparagus by Vladimir Radunsky</i> Asparagus w/ Lemon	Broccoli	Green Beans	<i>Pickin' Peas by Margaret Read MacDonald</i> Steamed Snap Peas	Steamed Carrots
Salad	Coleslaw	<i>I Have an Olive Tree by Eve Bunting</i> Tomato, Olive, Basil & Feta Salad	Wild Rice, Veggie & Herb Salad	Whole Wheat Penne & Vegetable Salad	<i>Two Old Potatoes and Me by John Coy</i> Baked Potato Bar
Sandwich	Grilled Chicken on Wheat	Egg Salad Wrap	Chicken Salad on Wheat	Turkey on Roll	Tuna Salad on Wheat
Dessert	<i>James and the Giant Peach by Roald Dahl</i> Peaches & Cream	<i>Jamberry by Bruce Degen</i> Berry Cobbler	<i>Blueberries for Sal by Robert McCloskey</i> Yogurt & Blueberry Parfait	Yogurt Bar	<i>Pinkalicious by Elizabeth Kann & Victoria Kann</i> Cupcake

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