



The Ramaz School



NOVEMBER MENU for the Upper School

		Wednesday 11/1	Thursday 11/2	Friday 11/3
		Split Pea Soup Oven "Fried" Chicken Roasted Cauliflower Balsamic Brussel Sprouts Confetti Corn Salad Seasonal Fresh Fruit	Butternut Squash Soup Pasta Bar Sauteed Greens Oven Roasted Eggplant Caprese Salad Seasonal Fresh Fruit	Creamy Broccoli Soup Pizza Tuna Sandwiches Vegetable Medley Potato Chips Double Chocolate Cake
Monday 11/6	Tuesday 11/7	Wednesday 11/8	Thursday 11/9	Friday 11/10
Minestrone Soup Baked Ziti Garlic Broccoli Candied Sweet Potatoes Kale Caesar Salad Seasonal Fresh Fruit	Smoky Corn Bisque Taco Tuesday Spanish Rice Roasted Peppers and Onions Black Bean Edamame Salad Seasonal Fresh Fruit	Curried Cauliflower Soup Shwarma in Pita Stewed Zucchini Couscous w/ Caramelized Onions Israeli Salad / Hummus Seasonal Fresh Fruit	Potato Leek Soup Crispy Fish Tacos Sauteed Spinach Mushroom Ragu Crunchy Carrot Slaw Seasonal Fresh Fruit	No Sessions
Monday 11/13	Tuesday 11/14	Wednesday 11/15	Thursday 11/16	Friday 11/17
Black Bean Soup Baked Macaroni and Cheese Oven Roasted Tomatoes Roasted Root Veggies Chickpea Salad w/ Roasted Pepper Seasonal Fresh Fruit	White Bean Kale Soup Beef Sliders Garlic Parsely Steak Fries Delicata Squash Red Cabbage Salad Seasonal Fresh Fruit	Mushroom Barley Soup Oven Roasted Turkey w/ Gravy Mashed Sweet Potatoes House made Stuffing Quinoa Cranberry Salad Pumpkin Pie	Vegetable Gumbo Falafel in Pita Lemon Garlic Zucchini Shoestring Fries Israeli Salad / Chumus Seasonal Fresh Fruit	French Onion Soup Pizza Tuna Sandwiches Vegetable Medley Potato Chips Strawberry Shortcake
Monday 11/20	Tuesday 11/21	Wednesday 11/22	Thursday 11/23	Friday 11/24
Tuscan Bean Soup Cheese/Veggie Quesadillas Brown Rice Pilaf Ratatouille Fiesta Kale Salad Seasonal Fresh Fruit	Split Pea Soup Spaghetti and Meatballs Roasted Green Beans Garlic Bread Focaccia Caesar Salad Seasonal Fresh Fruit	Hot and Sour Soup Sweet and Sour Chicken "Fried" Brown Rice Roasted Rainbow Veggies Crunchy Asian Slaw Seasonal Fresh Fruit	Thanksgiving	Thanksgiving
Monday 11/27	Tuesday 11/28	Wednesday 11/29	Thursday 11/30	
Creamy Wild Mushroom Soup Baked Ziti Pesto Cauliflower Sauteed Kale w/ Portobello Greek Salad Seasonal Fresh Fruit	Chicken Orzo Soup Sloppy Joe Sliders Maple Glazed Sweet Potatoes Roasted Corn Kale Quinoa Salad Seasonal Fresh Fruit	Vegetable Chowder Herb Roasted Chicken Garlic Green Beans Roasted Winter Squash Hearts of Palm Edamame Salad Seasonal Fresh Fruit	Tomato Rice Soup Cheese/Spinach Lasagna Steamed Broccoli Honey Glazed Carrots Grilled Tofu Salad Seasonal Fresh Fruit	

Daily Offerings:

- Full Salad Bar
- Tuna Salad / Flake Tuna
- Hard Boiled Eggs
- Peanut Butter / Jelly / Cream Cheese
- Assorted Bagels/Breads
- Plain Pasta
- Fresh Fruit