The Ramaz School

OCTOBER 2021 MENU for the Upper School

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| | | | | **Friday 10/1** |
| | | | | Tomato Rice Soup<br>Pizza<br>Specialty Pizza<br>Vegetable Medley<br>Potato Chips<br>Chocolate Chip Cookies |
| **Monday 10/4** | **Tuesday 10/5** | **Wednesday 10/6** | **Thursday 10/7** | **Friday 10/8** |
| Split Pea Soup<br>Baked Ziti<br>Roasted Sweet Potato<br>Sauteed Greens w/ Portobello<br>Mango Jicama Slaw<br>Seasonal Fresh Fruit | Creamy Cauliflower Soup<br>Taco Tuesday<br>Roasted Corn and Peppers<br>Spanish Rice<br>Black Bean Edamame Salad<br>Seasonal Fresh Fruit | White Bean Soup<br>Herb Roasted Chicken<br>Roasted Baby Red Potatoes<br>Steamed Green Beans<br>Spinach Citrus Salad<br>Seasonal Fresh Fruit | Creamy Mushroom Soup<br>Pasta Bar<br>Roasted Vegetables<br>Steamed Carrots<br>Greek Salad<br>Seasonal Fresh Fruit | French Onion Soup<br>Pizza<br>Specialty Pizza<br>Vegetable Medley<br>Potato Chips<br>Chocolate Chip Cookies |
| **Monday 10/11** | **Tuesday 10/12** | **Wednesday 10/13** | **Thursday 10/14** | **Friday 10/15** |
| Vegetarian Chili<br>Cheese/Veggie Quesadillas<br>Rice and Beans<br>Roasted Pepper and Onions<br>Chunky Avocado Salsa<br>Seasonal Fresh Fruit | Mushroom Barley Soup<br>Beef Sliders<br>Steamed Broccoli<br>Shoestring Fries<br>Kale Quinoa Salad<br>Seasonal Fresh Fruit | Chicken Orzo Soup<br>Shwarma w/ Pita<br>Couscous w/ Caramalized Onion<br>Roasted Zucchini<br>Israeli Salad / Chummus<br>Seasonal Fresh Fruit | Navy Bean Soup<br>Fish Tacos<br>Brown Rice Pilaf<br>Edamame w/ Sea Salt<br>Red Cabbage Slaw<br>Seasonal Fresh Fruit | Garden Vegetable Soup<br>Pizza<br>Specialty Pizza<br>Vegetable Medley<br>Potato Chips<br>Chocolate Chip Cookies |
| **Monday 10/18** | **Tuesday 10/19** | **Wednesday 10/20** | **Thursday 10/21** | **Friday 10/22** |
| Butternut Squash Soup<br>Macaroni and Cheese<br>Garlic Roasted Broccoli<br>Oven Roasted Tomatoes<br>Chickpea Tofu Salad<br>Seasonal Fresh Fruit | Minestrone Soup<br>Spaghetti with Meatballs<br>Pesto Cauliflower<br>Garlic Bread Focaccia<br>Caesar Salad<br>Seasonal Fresh Fruit | Red Lentil Soup<br>Chicken Tenders w/ Dipping Sauces<br>Roasted Sweet Potato Wedges<br>Stir-fry Vegetables<br>Rainbow Quinoa Salad<br>Seasonal Fresh Fruit | Sweet Potato Bisque<br>Falafel in Pita<br>Shoestring Fries<br>Roasted Zucchini<br>Chummus / Israeli Salad<br>Seasonal Fresh Fruit | Potato Leek Soup<br>Pizza<br>Specialty Pizza<br>Vegetable Medley<br>Potato Chips<br>Chocolate Chip Cookies |
| **Monday 10/25** | **Tuesday 10/26** | **Wednesday 10/27** | **Thursday 10/28** | **Friday 10/29** |
| Split Pea Soup<br>Baked Ziti<br>Roasted Butternut Squash<br>Mushroom Medley<br>Mango Jicama Slaw<br>Seasonal Fresh Fruit | Creamy Cauliflower Soup<br>Taco Tuesday<br>Roasted Corn and Peppers<br>Spanish Rice<br>Smokey Corn Salad<br>Seasonal Fresh Fruit | Chicken Noodle Soup<br>Asst. Deli Sandwiches<br>Roasted Veggies<br>Seasoned Potato Wedges<br>Housemade Macaroni Salad<br>Seasonal Fresh Fruit | Oatmeal w/ toppings<br>French Toast / Scrambled Eggs<br>Hash Brown Potatoes<br>Roasted Vegetables<br>Caprese Salad<br>Seasonal Fresh Fruit | NO SESSIONS |

**Daily Offerings:**

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