



# FRIENDS-SELECT SCHOOL LUNCH MENU DECEMBER 2011

OFFERED DAILY

**Lower School Desserts**

**May Offer:**

**Fresh Fruit**

**Cookies**

**Crackers**

**Yogurt**

**Jell-O**

**Healthy Snacks**

**SUSHI ON**

**TUESDAYS & THURSDAYS**

**MENU SUBJECT TO  
CHANGE!**

**Rachel Ames  
GENERAL MANAGER  
215-561-5900 ext. 146**



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
			1 Signature Entrée Asian Noodle Bowl Vegetarian Entrée Tofu Stir-Fry Falcon Grille Vegetable Egg Roll Featured Vegetable & Side Steamed Sugar Snap Peas Fried Rice	2 Signature Entrée Pierogies Vegetarian Entrée Spicy Black Bean Burger Falcon Grille Chicken Patty Sandwich Featured Vegetable & Side Roasted Peppers and Onions Homemade Applesauce
5 Signature Entrée Chicken Fingers Vegetarian Entrée Cheesy Macaroni Falcon Grille 1/4 # Hot Dog Featured Vegetable & Side Stewed Tomatoes French Fries	6 Signature Entrée Monte Cristo Sandwich Vegetarian Entrée Vegetable Panini Falcon Grille Hummus and Veggie Panini Featured Vegetable & Side Corn Cobbett's Potato Chips	7 Signature Entrée General Tso's Chicken Vegetarian Entrée Vegetable Strudel Falcon Grille Sausage & Peppers Hoagie Vegetable & Side Mixed Veggie Stir Fry Brown Rice	8 Signature Entrée Homemade Lasagna Vegetarian Entrée Grilled Cheese Falcon Grille Meatball Hoagie Featured Vegetable & Side Roasted Squash Garlic Bread Stick	9 Signature Entrees Mini Pizzas Vegetarian Entrée Garden Veggie Burger Falcon Grille Tuna Melt Featured Vegetable & Side Green Beans and Carrots Loop Fries
12 Signature Entrees Meatloaf Vegetarian Entrée Vegetable Stew Falcon Grille Quesadillas Featured Vegetable & Side Garden Peas Scalloped Potatoes	13 Pasta Bar! Spaghetti with Meatballs Vegetarian Entrée Pasta Primavera Falcon Grille Chicken Parm Featured Vegetable & Side Sautéed Greens Parmesan Breadstick	14 Signature Entrees Chicken Patty Vegetarian Entrée Veggie Melt Falcon Grille Rueben Sandwich Featured Vegetable & Side Roasted Root Vegetables Wedge Fries	15 Signature Entrees Soft Taco Vegetarian Entrée Cheese Quesadilla Falcon Grille Loaded Nachos Featured Vegetable & Side Fiesta Corn Spanish Rice	16 Pizza Buffet! Pepperoni Pizza Slice Vegetarian Cheese Pizza Falcon Grille Double Cheese Burger Featured Vegetable & Side Roasted Veggies Homemade Applesauce
19  <b>Winter Break Begins</b>	20	21	22	23
26	27	28	29	30

**UP FOR GRABS**  
A Selection of Pasta Salads and  
Deli Sandwiches, Fresh Fruit,  
Parfaits, Desserts, & Organic  
Yogurts

**SALAD BAR**  
Mixed Greens with an  
Assortment of Fresh and Local  
Vegetables, Homemade Salads  
and a Variety of Condiments and  
low-fat dressings.

**FALCON GRILL**  
may include:  
Hot Dog, Burgers, , Chicken  
Breast Sandwich, Cheese Steaks,  
Chicken Cheese Steaks, Vegan  
Burgers, Turkey Burgers,  
French Fries.

**PIZZA EXPRESS**

**May include:**  
White, Sausage,  
Pepperoni, Buffalo  
Chicken, BBQ  
Chicken, Little  
Charlie's, French  
Bread, Vegetable.