



FRIENDS-SELECT SCHOOL LUNCH MENU NOVEMBER 2011

OFFERED DAILY

Lower School Desserts

May Offer:

Fresh Fruit

Pudding

Cookies

Yogurt

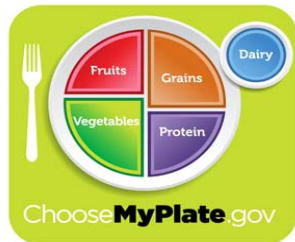
Jell-O

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 Meatball Sub Vegetarian Entrée Vegetable Stew Falcon Grille Eggplant Parmesan Featured Vegetable & Side Green Beans Italian Breadstick	2 Signature Entrée General Tso's Vegetarian Entrée Stir Fry Falcon Grille Spicy Pork Sub Featured Vegetable & Side Steamed Broccoli Fried Rice	3 Signature Entrée Hot Dog Bar Vegetarian Entrée Vegetable Quesadilla Falcon Grille Sausage Sandwich Featured Vegetable & Side Roasted Local Squash Vegetarian Baked Beans	4 Signature Entrée Fish Nuggets Vegetarian Entrée Spicy Veggie Burger Falcon Grille Ruben Sandwich Featured Vegetable & Side Carrots Roasted Potatoes
7 Signature Entrée Chicken Fingers Vegetarian Entrée Cheesy Macaroni Falcon Grille 1/4 # Hot Dog Featured Vegetable & Side Stewed Tomatoes French Fries	8 Signature Entrée Hot Meatloaf Vegetarian Entrée Vegetable Panini Falcon Grille Monte Cristo Sandwich Featured Vegetable & Side Bean Medley Mashed Potatoes	9 Signature Entrée Chicken Croquette Vegetarian Entrée New Orleans Bean & Rice Falcon Grille Sausage & Cheese Sandwich Vegetable & Side Butter Corn Cobbett's Sweet Potatoes	10 Signature Entrée Lasagna Vegetarian Entrée Grilled Cheese Falcon Grille Meatball Hoagie Featured Vegetable & Side Roasted Squash Garlic Bread Stick	11 Signature Entrees Pizza Vegetarian Entrée Spicy Black Bean Burger Falcon Grille Honey BBQ Wings Featured Vegetable & Side Broccoli W/ Cheese Sauce Loop Fries
14 Signature Entrees BBQ Chicken Vegetarian Entrée Pierogies Falcon Grille BBQ Chicken Sandwich Featured Vegetable & Side Green Beans Spiral Fries	15 Signature Entrees Chicken Fajitas Vegetarian Entrée Veggie Wrap Falcon Grille Bean Burrito Featured Vegetable & Side Carrots Spanish Rice	16 Signature Entrees Spaghetti & Meatballs Vegetarian Entrée Veggie Melt Falcon Grille Chicken Fingers and Fries Featured Vegetable & Side Garden Peas Italian Breadstick	17 Signature Entrees Hoagie Day! Vegetarian Entrée Curry Lentil Stew Falcon Grille Grinder Featured Vegetable & Side Asparagus Potato Chips	18 Signature Entrees Beef Stroganoff Vegetarian Entrée Spicy Black Bean Burger Falcon Grille Three Cheese Sandwich Featured Vegetable & Side Sautéed Fall Vegetables Egg Noodles
21 Signature Entrees Philly Cheese Steak Vegetarian Entrée Toasted Cheese & Spinach Falcon Grille Pizza Burger Featured Vegetable & Side Cauliflower Waffle Fries	22 Thanksgiving Menu Roasted Turkey Vegetarian Entrée Vegetable Strudel Featured Vegetable & Side Sautéed Greens Corn Sweet Potatoes Mashed Potatoes	23 No School	24 Happy Thanksgiving	25 Holiday
28 Signature Entrees Chicken Pot Pie Vegetarian Entrée Vegetable Pot Pie Falcon Grille Double Cheese Burger Featured Vegetable & Side Steamed Broccoli Rice blend	29 Signature Entrees Fish Sandwich Vegetarian Entrée Spicy Black Bean Burger Falcon Grille Appetizer Selections Featured Vegetable & Side Mixed Seasonal Vegetables Seasoned Fries	30 Signature Entrees Baked Ziti Vegetarian Entrée Vegetable Strata Falcon Grille Philly Cheese Steak Featured Vegetable & Side Snap Peas Roasted Local Squash		

UP FOR GRABS

A Selection of Salads and Deli Sandwiches, Fruit, Parfaits & Yogurts

SALAD BAR

Mixed Greens with Assorted 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.



Chef Metz Discovers “Foods for the Brain”

Brain Food Fast Facts:

- A healthy, balanced diet is important for brain health.
- Antioxidants may help protect the brain from free radical damage that causes aging.
- Generally, dark-skinned fruits and vegetables have high levels of naturally occurring antioxidants.
- Vegetables that are high in antioxidants include: kale, spinach, Brussels sprouts, broccoli, beets, and red bell peppers.
- Fruits that are high in antioxidants include: blueberries, blackberries, strawberries, raspberries, plums, oranges, pomegranates, red grapes and cherries.
- Omega-3 fatty acids are essential for brain health and are thought to play an important role in cognitive (memory and performance) and behavioral functions.
- Cold water fish contain beneficial omega-3 fatty acids. To be sure you are getting enough omega-3 fatty acids choose halibut, mackerel, salmon, trout and tuna.