


SHADY SIDE

ACADEMY

Senior School
WEEK 3 (APRIL 15 – APRIL 21)

Gluten free options are available daily.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day Breakers	Omelet Station or French Toast Sticks Sausage Hash Browns Assorted Cold Cereal Assorted Fruits	Waffle Bar or Spinach & Mushroom Frittata Crispy Bacon Home Fries Assorted Cold Cereal Assorted Fruits	Omelet Station or Chocolate Chip Pancake Maple Sausage Hash Browns Assorted Cold Cereal Assorted Fruits	Waffle Bar or Cheese Egg Scramble Sausage Patty Breakfast Potatoes Assorted Cold Cereal Assorted Fruits	Omelet Station or Country Grits Crispy Bacon Breakfast Potatoes Assorted Cold Cereal Assorted Fruits	Waffle Station or Brunch Burger or Cheesy Scrambled Eggs Ham, Egg & Cheese Bake Home Fries Turkey Sausage Assorted Cold Cereals Fruit & Yogurt Bar	Omelet Station or Salmon Cakes Fresh Berries n Cream French Toast Shredded Hash Browns Breakfast Sausage Patty Assorted Cold Cereals Fruit & Yogurt Bar
Main Plate	BBQ Country Ribs or Roasted Vegetable Naan Sweet Potato Fries Corn on the Cobb Vegetable Medley	CHICKEN SANDWICH DAY (Fried, Grilled, Vegetarian) Tater Tot Zucchini Vegetable Medley	Beef Pot Roast or Fire Roasted Vegetable Wrap Mashed Potatoes w/ Gravy Broccoli Vegetable Medley	Cheese Pizza or Penne Alfredo Garlic Bread Candied Carrots Vegetable Medley	"PAW"sta with Marinara or Tuna Caesar Wrap Noodles Brussels Sprouts Vegetable Medley		
Evening Main Plate	Sirloin Steak or Cauliflower Steaks Garlic Smashed Potatoes Vegetable Medley	<u>Ramen Noodle Bowl</u> 	Roasted Chicken or Grilled Vegetable Stacks Rice Pilaf Snow Peas Vegetable Medley	BOARDERS CHOICE	Asiago Crusted Chicken or Quinoa Stuffed Roasted Tomatoes Risotto Fresh Vegetable Vegetable Medley	Blackened Chicken or Vegetable Jambalaya Roasted Yukon Gold Potatoes Fried Green Beans Vegetable Medley	CHEF'S CHOICE

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