



PG WEEKLY MENU



THE WEEK OF APRIL 13 - 17

MONDAY

Welcome Back!

Entree: Roasted Blueberry & Thyme BBQ Pork Chops or Tofu, Butternut Squash & Parmesan Farro Risotto, Sautéed Garlic Asparagus, GrowFood Carolina Local Vegetable

Grill: Fried Chicken Sandwich, Black Bean Burger, Lettuce, Tomato, Red Onion

Power Bowl: Baja Shrimp or Tofu Bowl - Cilantro Coconut Short Grain Brown Rice, Corn Salsa, Avocado, Creamy Garlic Sauce

TUESDAY

Entree: Peruvian Roasted Chicken Thighs, Peruvian Roasted Sweet Potato & Black Beans, Peruvian Yellow Rice, Fried Plantains, Roasted Zucchini, Creamy Green Sauce, GrowFood Carolina Local Vegetable

Grill: Ground Beef Tacos, Black Bean Tacos, Salsa, Sour Cream, Shredded Cheese

Power Bowl: Baja Shrimp or Tofu Bowl - Cilantro Coconut Short Grain Brown Rice, Corn Salsa, Avocado, Creamy Garlic Sauce

WEDNESDAY

CHOCOLATE MILK DAY

Entree/Grill: Cheese or Pepperoni Pizza, Steamed Green Beans, GrowFood Carolina Local Vegetable

Power Bowl: Caesar Salad

THURSDAY

Entree/Grill: Steak or Beyond Sausage Tortellini Alfredo, Steamed Broccoli, GrowFood Carolina Local Vegetable

Power Bowl: Celebrating National Burrito Day with Southwest Shredded Chicken or JackFruit, Cilantro Lime Rice, Chipotle Black Beans, Mexican Street Corn, Wrapped in a Flour Tortilla

FRIDAY

MS/US CONCERT ON THE GREEN!

Lower School Lunch served in the Dining Hall.

MS/US concert lunch served on the Green (salad/deli/soup available in the Dining Hall).

Entree/Grill (Dining Hall): Beef Burgers, Black Bean Burgers, Potato Chips, Steamed Carrots (LS), GrowFood Carolina Local Vegetable Toppings: Assorted Cheese, Lettuce, Tomato, Ketchup, Mustard, Mayo

Concert on the Green (MS/US): Beef Burgers, Black Bean Burgers, Potato Chips, Cucumber Wheels & Carrot Sticks with Ranch Toppings: Assorted Cheese, Lettuce, Tomato, Ketchup, Mustard, Mayo

Dessert: Italian Ice

AVAILABLE DAILY: SALAD BAR, DELI BAR, SOUP, PRE-MADE PANINI SANDWICHES (US ONLY), FRUIT/YOGURT/GRANOLA BAR, 2% WHITE MILK, CHOCOLATE MILK (WEDNESDAY ONLY), SWEET AND UNSWEET TEA (US ONLY)

AVAILABLE MONDAY, WEDNESDAY, FRIDAY: BAGEL BAR

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MENU MAY BE MODIFIED BASED ON PRODUCT AVAILABILITY - UPDATES WILL BE SHARED ON INSTAGRAM