



Menu for week of October 17 – October 20, 2022

Managed by CulinArt Group

Chef Manager: Stephen Acampora

Phone: 203.661.1609 x225

Email: sacampora@culinartinc.com

03.661.1609

MAKE THE CHOICE THAT'S RIGHT FOR YOU.

EAT WELL

LOCALLY SOURCED

VEGETARIAN

VEGAN

	ENTREES	SIDES	GRILL or PIZZA	SANDWICHES	SNACK
MONDAY	Roasted BBQ Chicken 	Classic Mac and Cheese Roasted Zucchini 	Cheese Pizza 	Ham & Swiss With Mayo, lettuce and tomato Sun Butter & Jelly 	Chocolate Chip Cookies
TUESDAY	Apple Glazed Pork Loin	Mashed potatoes Lemony Broccoli 	Bacon Grilled Cheese Or Traditional Grilled Cheese	Chicken & Avocado Wrap Sun Butter & Jelly 	Assortment of Hand Fruit
WEDNESDAY	Chicken & Broccoli Stir Fry	Steamed Rice Ginger Roasted Mushrooms 	Beef Burger Black Bean Burger Assorted Toppings Bar	Egg Salad on Whole Wheat Bread Sun Butter & Jelly 	Red Grapes
THURSDAY	Hot Dogs 	Potato Wedges Crispy Green Beans 	Buffalo Chicken, Cheddar, Ranch Hoagie 	Tuna Salad on Whole Wheat Bread Sun Butter & Jelly 	Ice Cream

Always available for lunch:

Pasta with Choice of Marinara or Butter Sauce

Salad Bar with Fresh Greens, Local and Seasonal Produce, Toppings and Dressings



*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your chance for foodborne illness

MENU WEEK1 SUBJECT TO CHANGE



Menu for week of October 24– October 28, 2022

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	ENTREES	SIDES	GRILL or PIZZA	SANDWICHES	SNACK
MONDAY	Filipino Pork Adobo	Steamed Brown Rice Filipino Vegetable Stew	Pizza Bagels	Roast Turkey, Lettuce and Tomato On Hard Roll Sun Butter & Jelly	Apple Sauce Cup
TUESDAY	Grilled Cheese with Ham	Zucchini and Tomatoes French Fries	Meatball Parmesan	Tuna Salad, Lettuce and Tomato On Whole Wheat Sun Butter & Jelly	Orange Slices
WEDNESDAY	Grilled Chicken and Creamy Avocado Dressing	Buffalo Cauliflower Bites Cilantro Lime Brown Rice	Beef Cheeseburger with Assorted Toppings	Chicken Caesar Wrap Sun Butter & Jelly	Strawberry Banana Fruit Smoothies
THURSDAY	Cheese Ravioli with Chunky Tomato Sauce	Garlic Bread Roasted Carrots	Chicken Tenders with French Fries	Ham & Swiss, Lettuce and Tomato On Kaiser Roll Sun Butter & Jelly	Chocolate Brownies

Always available for lunch:

Pasta with Choice of Marinara or Butter Sauce

Salad Bar with Fresh Greens, Local and Seasonal Produce, Toppings and Dressings



Menu for week of October 31 – November 3 , 2022

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EAT WELL



LOCALLY SOURCED



VEGETARIAN



VEGAN

	ENTREES	SIDES	GRILL or PIZZA	SANDWICHES	SNACK
MONDAY Halloween	Pulled Chicken Stuffed "Pumpkin"	Bats and Cobweb Pasta Sautéed Baby Spinach 	Monster Eyeball Sub 	Roast Turkey, Cheddar Lettuce and Tomato On Hard Roll Sun Butter & Jelly 	Apple Sauce Cup
TUESDAY Pajama Day	Scrambled Eggs	Sausage Patties Home fries	Lo Mein Noodles with BBQ Pork and Bok Choy 	Tuna Salad, Lettuce and Tomato On Whole Wheat Sun Butter & Jelly 	Danish
WEDNESDAY School Color Day	Vegetable Lasagna	Garlic Bread Sweet Italian Sausage	BBQ Chicken Pizza	Salami, Provolone, Lettuce Hard Roll	Fruit Salad
THURSDAY Sports Team Day	Hot Pot Noodle Bar	Sweet Chili Bok Choy Stir Fried Vegetables 	Buffalo Chicken Tenders with Celery Sticks, Ranch Dressing	Ham & Pepper Jack, Lettuce and Tomato On Kaiser Roll Sun Butter & Jelly 	Chocolate Brownies

Always available for lunch:

Pasta with Choice of Marinara or Butter Sauce

Salad Bar with Fresh Greens, Local and Seasonal Produce, Toppings and Dressings



Menu for week of November 7 – November 11, 2022

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EAT WELL



LOCALLY SOURCED



VEGETARIAN



VEGAN

	ENTREES	SIDES	TUSCAN OR GRILL	SANDWICHES	SNACK
MONDAY	Grilled Chicken Breast	Succotash Roasted Potatoes	Mozzarella Sticks Marinara Sauce	Roast Turkey, Swiss Cheese, Lettuce and Tomato Sun Butter & Jelly	Fresh Fruit Salad
TUESDAY					
WEDNESDAY	BBQ Rubbed Pork	Smashed Sweet Potatoes Roasted Kale	Roasted Vegetable Panini	Roast Beef, Swiss Cheese, Lettuce and Tomato Sun Butter & Jelly	Assorted Yogurt Cups
THURSDAY	Baked Potato Bar Assorted Toppings	Zucchini & Tomato Sauté Steamed Broccoli	Chicken Tenders	Salami, American Cheese, Lettuce and Tomato Sun Butter & Jelly	Chocolate Cake

Always available for lunch:

Pasta with Choice of Marinara or Butter Sauce

Salad Bar with Fresh Greens, Local and Seasonal Produce, Toppings and Dressings



Menu for week of November 14th –November 17,2022
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EAT WELL

LOCALLY SOURCED

VEGETARIAN

VEGAN

	ENTREES	SIDES	GRILL or PIZZA	SANDWICHES	SNACK
MONDAY	Roasted BBQ Chicken 	Classic Mac and Cheese Roasted Zucchini 	Cheese Pizza 	Ham & Swiss With Mayo, lettuce and tomato Sun Butter & Jelly 	Chocolate Chip Cookies
TUESDAY	Italian Fettuccini Bake	Garlic Bread Roasted Mushrooms 	Bacon Grilled Cheese	Chicken & Avocado Wrap Sun Butter & Jelly 	Assortment of Hand Fruit
WEDNESDAY	Chicken & Broccoli Stir Fry	Steamed Rice Ginger Roasted Mushrooms 	Beef Burger Black Bean Burger Assorted Toppings Bar	Egg Salad on Whole Wheat Bread Sun Butter & Jelly 	Red Grapes
THURSDAY	Turkey, Gravy Cranberry Sauce 	Stuffing Green Beans 	Buffalo Chicken, Cheddar, Ranch Hoagie 	Tuna Salad on Whole Wheat Bread Sun Butter & Jelly 	Pumpkin Pie

Always available for lunch:
 Pasta with Choice of Marinara or Butter Sauce
 Salad Bar with Fresh Greens, Local and Seasonal Produce, Toppings and Dressings



Menu for week of November 21st- November 24, 2022
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EAT WELL LOCALLY SOURCED VEGETARIAN VEGAN

	ENTREES	SIDES	GRILL or PIZZA	SANDWICHES	SNACK
MONDAY	BBQ Pulled Chicken Sandwich	Honey Glazed Acorn Squash 	Pizza Bagels 	Roast Turkey, Lettuce and Tomato On Hard Roll Sun Butter & Jelly 	Cranberry Banana Bread
TUESDAY	Cheeseburgers 	Zucchini and Tomatoes French Fries 	Chicken Quesadilla 	Tuna Salad, Lettuce and Tomato On Whole Wheat Sun Butter & Jelly 	Orange Slices
WEDNESDAY					
THURSDAY					

Always available for lunch:
 Pasta with Choice of Marinara or Butter Sauce
 Salad Bar with Fresh Greens, Local and Seasonal Produce, Toppings and Dressings