

Bon Appetit



The "FRidge" Café

May 2009

Happy Spring!



Mon	Tue	Wed	Thu	Fri
<p><i>May 4, 2009</i> Italian Buffet! Soup – Roasted Butternut Squash</p> <p>Assorted Pasta Tossed with Olive Oil and Sea Salt</p> <p>Served with Meat Sauce, Lasagna, Pesto Chicken, Vegetable Marinara and Beef Meatballs with Garlic Bread and Plenty of Cheese!</p> <p>Dessert – Chef's Choice</p>	<p><i>May 5, 2009</i> South of the Border Buffet Soup—Chicken Noodle</p> <p>Choose from an Assortment of Gorditas, Taco Shells and Chips. Served with Grilled Wraps, Ground Beef, Grilled Chicken Breast, Roasted Vegetables, Spanish Rice, Veg, Refried Beans, Salsa, Sour Cream, Chef Prepared Guacamole and Assorted Cheese.</p> <p>Dessert – Brownie Pops</p>	<p><i>May 6, 2009</i> Grilled Sandwich Buffet Soup—Roast Tomato</p> <p>Choose from Assortment of Grilled Sandwiches Including: Smoked Turkey, Grilled Cheese, Ham, Roasted Veggies and Cheese with Assorted Breads and Condiments served with Tossed Green Salad and Potato Chips.</p> <p>Dessert – Chocolate Pudding Sundae</p>	<p><i>May 7, 2009</i> Pizza, Pizza, Pizza! Soup – Beef Barley</p> <p>Choice of Cheese, Hawaiian, Chicken Alfredo, Veggie or Pepperoni. Two slices per person.</p> <p>Served with Tossed Green Salad Dessert — Fresh Fruit Parfait</p> 	<p><i>May 8, 2009</i> Pacific Rim Festival! 7th Grade Class Fundraiser "FRidge Café" After School Schedule 3:00PM—3:30PM Monday—Smoothies, Pita Pizza Tuesday—Specialty Cupcakes, Cheese Nachos Wednesday— Waffles Thursday—Chewy Goopy Cookies</p> <p>Every Mon. - Thurs.-Beverages, Fresh Fruits, Wholey Granoley, Yogurt, Cereals, Bagels.....</p>
<p><i>May 11, 2009</i> Pasta Monday Soup – Chicken Noodle</p> <p>Bow Tie and Penne Pasta Tossed with Olive Oil</p> <p>Served with Cheese Tortellini, Pesto Chicken, Meat Balls, Vegetable Marinara, Garlic Bread and Plenty of Cheese!</p> <p>Dessert – Chef's Choice</p>	<p><i>May 12, 2009</i> Austrian Global Cuisine Day Special Menu T.B.A!</p>  <p>Alternative Menu Choice Soup—Chicken Noodle</p> <p>Chicken Breast Strips or Hot-dog served with Tim's Potato Chips and Watermelon Wedge.</p> <p>Dessert—Chef's Choice, TBA</p>	<p><i>May 13, 2009</i> New Country Buffet Soup — Split Pea with Bacon</p> <p>Slow-roasted Corned Beef, Breaded Chicken Breast Tenders, Mashed Potatoes, Sautéed Cabbage, Kernel Corn, Rolls and Butter.</p> <p>Served with Tossed Garden Green Salad</p> <p>Dessert—Carrot Cake with Cream Cheese Frosting and Toasted Walnuts</p>	<p><i>May 14, 2009</i> Sockeye Salmon, Grilled Veg. or Chicken Caesar Soup – Navy Bean w/ Ham</p> <p>Grilled Chicken Breast, Roasted Vegetables or Pesto Salmon served atop Caesar Salad and Garlic Pita Bread.</p> <p>Served with Shredded Parmesan and Homemade Croutons</p> <p>Dessert – Fresh Strawberry and Whipped Cream Crepes</p>	<p><i>May 15, 2009</i> Surf & Turf Friday Soup – N.E. or Manhattan Style Clam Chowder</p> <p>Choice of Pesto Salmon or Chicken Breast Tender, Breaded and Baked Cod Filet and Popcorn Shrimp. Served with Fresh Lemon, Tartar Sauce and Choice of French Fries or Tossed Caesar Salad</p> <p>Dessert — Chocolate Cream Cheese Brownie</p>
<p><i>May 18, 2009</i> Italian Buffet Soup – Chicken Noodle</p> <p>Bow Tie and Penne Pasta Tossed with Olive Oil</p> <p>Served with Roasted Vegetable Lasagna, Pesto Chicken, Meat Sauce, Vegetable Marinara, Garlic Bread and Plenty of Cheese!</p> <p>Dessert – Chef's Choice</p>	<p><i>May 19, 2009</i> Quesadilla's Soup – Chicken Taco Soup</p> <p>Grilled Gorditas with Shredded Cheese & Choice of Grilled Chicken, Cheese or Roasted Vegetables with Chips Served with Sour Cream, Guacamole & Salsa</p> <p>Dessert – Chocolate Layer Cake with Dark Chocolate and Cinnamon Cream Cheese Frosting</p>	<p><i>May 20, 2009</i> Senior Send-off BBQ! Soup – Chili Con Carne</p> <p>All Beef Hamburger, Hot Dog or Vegetarian Bocca Burger with Grilled Onions and Mushrooms. Served with Tomatoes, Lettuce, Grilled Onions & Condiments.</p> <p>Served with Tim's Chips, Pasta Salad and Fresh Fruit</p> <p>Dessert — Chewy Goopy Cookies!</p>	<p><i>May 21, 2009</i> Grilled Sandwich Soup – Roast Tomato</p> <p>Choice of Grilled Cheese on White Bread, Smoked Turkey or Pastrami with Swiss Cheese on Sourdough Bread</p> <p>Served with choice of Soup of the Day or Caesar Salad</p> <p>Dessert — Chocolate Pudding & Brownie Sundae</p>	<p><i>May 22, 2009</i> Surf & Turf Friday Soup – N.E. or Manhattan Style Clam Chowder</p> <p>Choice of Pesto Salmon or Chicken Breast Tender, Breaded and Baked Cod Filet and Popcorn Shrimp. Served with Fresh Lemon, Tartar Sauce and Choice of French Fries or Tossed Caesar Salad</p> <p>Dessert — Chocolate Brownie</p>
<p><i>May 25, 2009</i> Memorial Day School Closed "FRidge Café" Breakfast Schedule 7:30AM—10:30AM Monday—Egg Sandwiches Tuesday—Hot Breakfast Buffet Wednesday— Waffles, Breakfast Sandwiches Thursday—Expanded Hot Breakfast Buffet Friday— Waffles, Breakfast Sandwiches Everyday—Oatmeal, Fresh Fruits, Wholey Granoley, Yogurt, Cereals, Bagels.....</p>	<p><i>May 26, 2009</i> South of the Border Buffet Soup—Beef Stew</p> <p>Choose from an Assortment of Gorditas, Taco Shells and Chips. Served with Tamales Ground Beef, Grilled Chicken Breast, Roasted Vegetables, Veg. Refried Beans, Spanish Rice, Salsa, Sour Cream, Chef Prepared Guacamole and Cheese.</p> <p>Dessert – Chef's Choice</p>	<p><i>May 27, 2009</i> Create-a-Sandwich Bar Soup—Chicken Noodle</p> <p>Smoked Turkey, Ham, Turkey Pastrami, Roasted Veggies, Dill Havarti, Cheddar, Swiss and Pepper Jack Cheeses with Assorted Breads and Condiments served with Tossed Green Salad and Potato Chips.</p> <p>Dessert — Chantilly Swan</p>	<p><i>May 28, 2009</i> "FRidge" BBQ Soup – Chili Con Carne</p> <p>All Beef Hamburger, Hot Dog or Vegetarian Bocca Burger with Grilled Onions and Mushrooms. Served with Tomatoes, Lettuce, Grilled Onions & Condiments.</p> <p>Served with Tim's Orig. Chips, Pasta Salad and Fresh Fruit</p> <p>Dessert — Chewy Goopy Cookies!</p>	<p><i>May 29, 2009</i> Pakistani Day!</p>  <p>Mango Chicken, Saffron Rice, Puri Bread, Garbanzo Beans with Bell Pepper in a Tomato Sauce. Dessert—Freshly Baked Madeleines <i>*50 % of Net Proceeds Provided to Uganda Project</i></p>
<p><i>June 1, 2009</i> Pasta Monday Soup – Chicken Noodle</p> <p>Bow Tie and Penne Pasta Tossed with Olive Oil</p> <p>Served with Cheese Tortellini, Pesto Chicken, Meat Balls, Vegetable Marinara, Garlic Bread and Plenty of Cheese!</p> <p>Dessert – Chef's Choice</p>	<p><i>June 2, 2009</i> Soft Shell Tacos Soup – Cream of Cauliflower</p> <p>Whole Wheat or Flour Soft Shell Taco Shell with Choice of Grilled Chicken, Ground Beef or Roasted Vegetables. Served w/ Chef Prepared Guacamole, Sour Cream, Salsa, Cheddar and Monterey Jack Cheeses</p> <p>Dessert – Fried Gordita's with Strawberry Sauce and Whipped Cream</p>	<p><i>June 3, 2009</i> Paninis Soup – Roast Tomato</p> <p>Grilled Italian Focaccia Bread with Choice of Smoked Turkey, Ham or Roasted Vegetables.</p> <p>Served with Choice of Chips or Green Garden Salad</p> <p>Dessert — Chocolate Cream Cheese Brownies with Caramel Whipped Cream</p>	<p><i>June 4, 2009</i> Sockeye Salmon, Grilled Veg. or Chicken Caesar Soup – Navy Bean w/ Ham</p> <p>Grilled Chicken Breast, Roasted Vegetables or Pesto Salmon served atop Caesar Salad and Garlic Pita Bread. Served with Shredded Parmesan and Homemade Croutons</p> <p>Dessert – Fresh Strawberry Crepes</p>	<p><i>June 5, 2009</i> Surf & Turf Friday Soup – N.E. or Manhattan Style Clam Chowder</p> <p>Choice of Pesto Salmon or Chicken Breast Tender, Breaded and Baked Cod Filet and Popcorn Shrimp. Served with Fresh Lemon, Tartar Sauce and Choice of French Fries or Tossed Caesar Salad</p> <p>Dessert — Chocolate Brownie</p>
Breakfast Sandwiches!	Tuesday Breakfast Buffet!	Waffle Wednesday!	Thursday Breakfast Buffet!	Chewy Goopy Cookies!