

Bon Appétit! The FRidge Welcome Back!

September - 2021

Mon	Tue	Wed	Thu	Fri
<p><u>August 30, 2021</u> <u>Italian Cuisine</u></p> <p>Bowtie Pasta Served Vegetable Marinara Sauce or Meatballs with Roasted Vegetables, Freshly Baked Garlic Bread and Plenty of Cheese!</p> <p>Dessert – Strawberry Angel Food Cake <i>*All School Convocation</i></p>	<p><u>August 31, 2021</u> <u>Soft Shell Tacos</u></p> <p>Grilled Chicken and Cheese or Refried Beans and Cheese Soft Shell Tacos. Served with Roasted Vegetables, Chef Prepared Guacamole, Salsa</p>  <p>Dessert – Churros</p>	<p><u>September 1, 2021</u> <u>Paninis</u></p> <p>Soup — Roast Tomato</p> <p>Grilled Homemade Focaccia Bread with Smoked Turkey Breast with Swiss Cheese or Roasted Veggies with Pepper Jack Cheese Served with Melon and Chips</p> <p>Dessert — Chef Choice</p>	<p><u>September 2, 2021</u> <u>Asian Cuisine Day</u></p> <p>Soya Chicken Thighs or Baked Tofu Served with Jasmine Rice and Roasted Vegetables</p>  <p>Dessert – Chefs Choice <i>*Back to School Picnic</i></p>	<p><u>September 3, 2021</u> <u>Tot Fri-yay</u></p> <p>Soup – New England Style Clam Chowder</p> <p>Chicken Strips and Tater Tots or Tempeh Served with Tossed Caesar Salad</p>  <p>Dessert — Chewy Goopy Cookies</p>
<p><u>September 6, 2021</u> School Closed</p> <p>LABOR DAY</p> 	<p><u>September 7, 2021</u> <u>Fajitas</u></p> <p>Chicken and/or Roasted Vegetables Served with Spanish Rice, Veg. Refried Beans, Pico de Gallo, Shredded Cheese and Chef Prepared Guacamole.</p> <p>Dessert — Churros</p> 	<p><u>September 8, 2021</u> <u>New Country Buffet</u></p> <p>Soup — Chicken Noodle</p> <p>Roast Pork Loin or Lentil Loaf Served with Mashed Potatoes, Gravy, Vegetables, and Fresh Baked Dinner Rolls</p> <p>Dessert – Chefs Choice</p> 	<p><u>September 9, 2021</u> <u>Pita Caesar Salad</u></p> <p>Freshly Baked Garlic Pita Bread topped with Tossed Caesar Salad and Choice of Grilled "N/E" Chicken Breast or Roasted Vegetables Served with Watermelon Wedges</p> <p>Dessert – Blondies</p> 	<p><u>September 10, 2021</u> <u>Fish Fry Day</u></p> <p>Soup – New England Style Clam Chowder</p> <p>Baked Cod Filet or Baked Tempeh Served with Jojos and Roasted Vegetables</p>  <p>Dessert — Chewy Goopy Cookies</p>
<p><u>September 13, 2021</u> <u>Italian Cuisine</u></p> <p>Cheese Tortellini Served with Vegetable Marinara Sauce or Alfredo, Roasted Vegetables, Garlic Bread, and Plenty of Cheese!</p> <p>Dessert – Lemon Bars</p>	<p><u>September 14, 2021</u> <u>Quesadillas</u></p> <p>Grilled Tortillas with Shredded Cheese & Choice of Grilled "N/E" Chicken Breast or Cheese with Roasted Vegetables, Spanish Rice and Tortilla Chips. Served with Guacamole and Salsa</p> <p>Dessert – Tres Leches Cake</p>	<p><u>September 15, 2021</u> <u>Indian Cuisine Day</u></p> <p>Tandoori Chicken Drumsticks or Chickpea Curry Served with Roasted Cauliflower, Garlic Naan Bread, Basmati Rice.</p>  <p>Dessert — Mango Lassi</p>	<p><u>September 16, 2021</u> <u>Hot Diggity Dog</u></p> <p>Soup – Chili Con Carne</p> <p>All Beef Hotdog or Field Roast Hotdog with Grilled Onions and Mushrooms. Served on Freshly Baked FRidge Bakery Buns and Assorted Condiments.</p> <p>Dessert — Chocolate Cream Pie</p>	<p><u>September 17, 2021</u> <u>Curly Fry Day</u></p> <p>Soup – New England Style Clam Chowder</p> <p>Chicken Strips and Curly Fries or Turnip Cakes Served with Tossed Caesar Salad</p>  <p>Dessert — Chewy Goopy Cookies</p>
<p><u>September 20, 2021</u> <u>Grilled Cheese Sandwiches</u></p> <p>Soup – Roasted Tomato</p> <p>Choice of Grilled Ham and Swiss on Sourdough or Grilled Cheese. Served with Fruit and Caesar Salad <i>*Gluten-Free Bread Available</i></p> <p>Dessert – Chefs Choice</p>	<p><u>September 21, 2021</u> <u>Soft Shell Tacos</u></p> <p>Ground Beef and Cheese or Refried Beans and Cheese Served with Black Beans and Spanish Rice, Chef Prepared Guacamole, Salsa</p> <p>Dessert – Chocolate Banana Empanadas</p> 	<p><u>September 22, 2021</u> <u>Mac-n-Cheese Wednesday</u></p> <p>Macaroni and Cheese with Meat or Plain served with Roasted Vegetables and Garlic Bread. <i>*Gluten-Free Pasta Available</i></p> <p>Dessert – Chefs Choice</p> 	<p><u>September 23, 2021</u> <u>Japanese Cuisine</u></p> <p>Soup – Miso Soup</p> <p>Beef or Stir Fried Vegetable Yakisoba Served with Sesame Edamame</p> <p>Dessert – Mochi Ice Cream</p> 	<p><u>September 24, 2021</u> <u>Fish Fry Day</u></p> <p>Soup – New England Style Clam Chowder</p> <p>Baked Cod Filet or Baked Tempeh Served with Jojos and Roasted Vegetables</p> <p>Dessert — Chewy Goopy Cookies</p>
<p><u>September 27, 2019</u> <u>Italian Cuisine</u></p> <p>Vegetable or Beef Lasagna Served with Roasted Vegetables, Garlic Bread, and Plenty of Cheese!</p> <p>Dessert – Chocolate Cake</p>	<p><u>September 28, 2019</u> <u>Street Tacos</u></p> <p>Choice of Corn or Flour Tortillas with Grilled Chicken Breast or Roasted Vegetables Served with Spanish Rice, Veg. Refried Beans, Pico de Gallo, Shredded Cheese and Chef Prepared Guacamole.</p> <p>Dessert — Chefs Choice</p>	<p><u>September 29, 2019</u> <u>Thai Cuisine</u></p> <p>Lemongrass Chicken in Green Curry or Vegetable Green Curry with Steamed White Rice and Broccoli</p>  <p>Dessert – Bubble Tea</p>	<p><u>September 30, 2019</u> <u>Pizza, Pizza, Pizza!</u></p> <p>Choice of Cheese, Hawaiian, Or Pepperoni. Served with Green Salad Two slices per person. <i>*Gluten Free Pizza Available</i></p>  <p>Dessert – Brownies</p>	<p><u>October 1, 2021</u> <u>Tot Fri-yay</u></p> <p>Soup – New England Style Clam Chowder</p> <p>Chicken Strips and Tater Tots or Tempeh Served with Tossed Caesar Salad</p>  <p>Dessert — Chewy Goopy Cookies</p>
Available Daily - Rice, Fruit Cups, Packaged Snacks, and Assorted Beverages				