



## Menu for week of May 13-17

Managed by CulinArt Group, St. Francis Preparatory is open for  
Breakfast 7:15-10:15AM | Lunch 11:45 AM -3.00PM

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### MAKE THE CHOICE THAT'S RIGHT FOR YOU.

EAT WELL VEGETARIAN VEGAN

DAY	ITEM	DESCRIPTION	EW	V	VG
MONDAY	WAKIN' UP	Chocolate Chip Pancakes			
	CHEF'S TABLE	Mexican Beef Chili			
	SIDES	Salsa, Guacamole, Sour Cream & Cheddar			
	WRAPS WITH A TWIST	Roast Beef, Swiss, Jalapenos, Lettuce & Tomato			
	PIZZA VILLAGGIO	Fresh Tomatoes, Spinach & Onions			
	JUMP ASIAN EXPRESS	General Tso Chicken – Stir Fry Beef – Hunan Vegetables			
	CITY GRILL	Bacon Cheese Burger			
QUIK PIK	Greek Salad				
TUESDAY	WAKIN' UP	<b>MODERN MEXICAN PROMOTION</b> Egg, Bacon, Swiss Wrap			
	CHEF'S TABLE	Tangy Seared Fish Fillet			
	SIDES	Mango Salsa, Sweet Chili Glazed Sweet Potato Wedges, Spinach, Pumpkin Seeds & Jack Cheese			
	WRAPS WITH A TWIST	Salami, Provolone, Roasted Red Peppers, Lettuce & Tomato			
	PIZZA VILLAGGIO	Buffalo Chicken			
	JUMP ASIAN EXPRESS	Sweet & Sour Chicken – Teriyaki Beef – Stir Fry Vegetables			
	CITY GRILL	Ham & Swiss Melt			
QUIK PIK	Fresh Fruit Platter with Yogurt				
WEDNESDAY	WAKIN' UP	<b>WELLNESS WEDNESDAYS PROMOTION</b> Blueberry Pancakes			
	CHEF'S TABLE	Hibachi Grilled Chicken			
	SIDES	Strawberry Spinach Salad with Crunchy Chickpeas			
	WRAPS WITH A TWIST	Turkey, Bacon, American Cheese, Lettuce & Tomatoes			
	PIZZA VILLAGGIO	Chicken Parmesan Calzone			
	JUMP ASIAN EXPRESS	Hunan Chicken – Pepper Steak – Szechuan Vegetables			
	CITY GRILL	BBQ Chicken with Provolone on Hero			
QUIK PIK	Fruited Barley-Lentil Salad with Almonds				
THURSDAY	WAKIN' UP	French Toast			
	CHEF'S TABLE	Flank Steak with Gravy			
	SIDES	Sauteed Okra, Tomatoes & Onions			
	WRAPS WITH A TWIST	Ham, Turkey, Mozzarella, Roasted Red Peppers, Jalapenos, Lettuce & Tomato			
	PIZZA VILLAGGIO	Italian Combo Calzone			
	JUMP ASIAN EXPRESS	Szechuan Chicken – Sesame Beef – General Tso Vegetables			
	CITY GRILL	Italian Combo Hot Wrap			
QUIK PIK	Crab Meat Salad over Greens				
FRIDAY	WAKIN' UP	Eggs, Sausage & American Cheese Wrap			
	CHEF'S TABLE	Breaded Chicken Breast			
	SIDES	Sauteed Okra, Tomato & Onion			
	WRAPS WITH A TWIST	Grilled Chicken, Carrots & Celery with Ranch Dressing			
	PIZZA VILLAGGIO	Spinach & Cheese Calzone			
	JUMP ASIAN EXPRESS	Stir Fry Chicken – Beef Broccoli – Sesame Vegetables			
	CITY GRILL	Pizza Burger			
QUIK PIK	Honey Mustard Chicken over Soba Noodle Salad				