



## Menu for week of September 9-13

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

Gloria Touma, General Manager | Phone: (718)423-8810 ext.262 | Email: Gtouma@culinartinc.com

### 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	Meatballs with Marinara Sauce			
	SIDES	Steamed Green Beans			
	WRAPS WITH A TWIST	Roast Beef, Swiss, Jalapenos, Lettuce & Tomato			
	PIZZA VILLAGGIO	Fresh Tomato, Spinach & Onion			
	JUMP ASIAN EXPRESS	General Tso Chicken – Hunan Beef – Orange Sesame Vegetables			
	CITY GRILL	Buffalo Chicken with Mozzarella Cheese on Hero			
QUICK PIK	Moroccan Couscous with Raisins & Chickpeas				
TUESDAY	WAKIN' UP	<b>GOURMET HOT DOGS</b> Egg, Bacon, Swiss Wrap			
	CHEF'S TABLE	<b>Buffalo Dog</b>			
	SIDES	<b>Creamy Apple Slaw</b>			
	WRAPS WITH A TWIST	Salami, Provolone, Roasted Red Peppers, Lettuce & Tomato			
	PIZZA VILLAGGIO	Chicken Parmesan Calzone			
	JUMP ASIAN EXPRESS	Sweet & Sour Chicken – Teriyaki Beef – Szechuan Vegetables			
	CITY GRILL	Philly Cheese Steak			
QUICK PIK	Fresh Fruit Platter with Low Fat Cottage Cheese				
WEDNESDAY	WAKIN' UP	<b>WELLNESS WEDNESDAYS PROMOTION</b> Whole Grain Goodness			
	CHEF'S TABLE	Cinnamon French Toast			
	SIDES	Grilled Chicken & Cheese Melt			
	WRAPS WITH A TWIST	Turkey, Bacon, American Cheese, Lettuce & Tomato			
	PIZZA VILLAGGIO	Ham & Pineapple			
	JUMP ASIAN EXPRESS	Hunan Chicken – Szechuan Beef – Hunan Vegetables			
	CITY GRILL	Ham & Swiss Melt			
QUICK PIK	Fruited Barley-Lentil Salad with Almonds				
THURSDAY	WAKIN' UP	<b>SEASON FOOTBALL KICKOFF</b> Egg, Sausage & Provolone Wrap			
	CHEF'S TABLE	<b>Sweet &amp; Spicy Chicken Wings</b>			
	SIDES	<b>Sweet Potato Skins</b>			
	WRAPS WITH A TWIST	Ham, Turkey, Mozzarella, Roasted Red Peppers, Jalapenos, Lettuce & Tomato			
	PIZZA VILLAGGIO	Italian Combo Calzone			
	JUMP ASIAN EXPRESS	Szechuan Chicken – Sweet & Sour Beef – General Tso Vegetables			
	CITY GRILL	Bacon Cheese Burger			
QUICK PIK	Lentil-Sweet Potato Salad with Cranberries				
FRIDAY	WAKIN' UP	Pancakes			
	CHEF'S TABLE	Roast Beef with Mushroom Gravy			
	SIDES	Peas & Carrots			
	WRAPS WITH A TWIST	Grilled Chicken, Carrots & Celery with Ranch Dressing			
	PIZZA VILLAGGIO	Spinach & Ricotta Cheese			
	JUMP ASIAN EXPRESS	Teriyaki Chicken – General Tso Beef – Sweet & Sour Vegetables			
	CITY GRILL	Grilled Cheese with Tomato			
QUICK PIK	Firecracker Salad with Chicken				