

February Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Vegetable of the Month
		1 Baked Macaroni and Cheese with Cauliflower Carrot Salad Fresh Fruit	2 Baked Polenta with Slow Simmered Tomato Sauce Shredded Romaine and raw Kale Caesar salad Fresh Fruit	3 School Closed	<p>Curly Kale Soup (Taken from Chef Darina Allan)</p> <ul style="list-style-type: none"> • 4 table spoons butter • 5oz potatoes, peeled and cut into ½ in cubes • ¾ cup onions, peeled and cut into ½ in cubes • Salt and freshly ground black pepper • 5 cups chicken stock or vegetable stock • 9oz curly kale leaves, stalks removed and chopped • ¼ - ½ cup cream or whole milk <p>Melt the butter in a heavy saucepan. When it foams, add the potatoes and onions and turn them in the butter until well coated. Sprinkle with salt and freshly ground pepper. Cover and sweat on a gentle heat for 10 minutes. Add the stock and boil gently, covered, until the potatoes are soft. Add the kale and cook with the lid off, until the kale is cooked. Keep the lid off to retain the green color. Do not overcook or the vegetables will lose their fresh flavor and color. Puree the soup in a blender or food processor. Taste, and adjust seasoning. Add the cream and milk just before serving.</p> <p>Serves 6</p>
6 Beans and Rice Braised Kale Fruit Salad with Yogurt	7 Indian Red Lentil Dal Cauliflower Salad Raita (Minted Yogurt Sauce) Pita Bread Fresh Fruit	8 Lo Mein Noodles Asian Cabbage Slaw Fresh Fruit	9 Quesadillas Home Made Salsa and Guacamole Fresh Fruit	10 Curly Kale Soup Grilled Cheese Sandwiches Fresh Fruit	
13 Black Bean and Cheese Burritos (Vegan Option) Fresh Salsa Guacamole Fresh Fruit	14 Valentine Lasagna Green Salad Rice Pudding Fresh Fruit	15 Pasta with Marinara Caesar Salad Garlic Bread Fresh Fruit	16 Warm Glass Noodles with Edamame Baked Tofu Fresh Fruit	17 Lentil Soup Hummus and Pita Seasonal Greens Fresh Fruit	
20 School Closed	21 Chinese Fried Rice Asian Cabbage Slaw Fresh Fruit	22 Home Made Pizza Caesar Salad	23 Quesadillas Fresh Salsa and Guacamole Fresh Fruit	24 Cauliflower Soup Akmak Crackers Cheese Steamed Beets Salad Fresh Fruit	
27 Baked Macaroni and Cheese with Cauliflower Gingered Apple-Cabbage Slaw Fresh Fruit	28 Tomato Bisque Grilled Cheese Sandwiches Green Salad Fresh Fruit	29 Baked Potatoes with all The Fixings Braised Kale Fresh Fruit			