

# SHADY SIDE

## ACADEMY

Senior School  
WEEK 3(OCTOBER 14– OCTOBER 20)

Gluten free options are available daily.  
\* denotes an upcharge for that item.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day Breakers	Eggs Cooked to Order Breakfast Meat Potato Assorted Breads Assorted Cold Cereal Assorted Fruits	Waffle Bar Breakfast Meat Potato Assorted Breads Assorted Cold Cereal Assorted Fruits	Eggs Cooked to Order Breakfast Meat Potato Assorted Breads Assorted Cold Cereal Assorted Fruits	Waffle Bar Breakfast Meat Potato Assorted Breads Assorted Cold Cereal Assorted Fruits	Eggs Cooked to Order Breakfast Meat Potato Assorted Breads Assorted Cold Cereal Assorted Fruits	Crunchy French Toast	Waffle Bar
Live Well	Stuffed Poblanos	Beef & Broccoli	Sage Garlic Chicken	Turkey Burgers	Burst Tomato & Pancetta Toast	Eggs Cooked to Order or Cheesy Grits  Diner Potatoes Canadian Bacon	Scrambled Eggs or Sausage Gravy & Biscuits  Breakfast Potatoes Bacon
Main Plate	Cheese Quesadillas  Spanish Rice  Mexican Street Corn Vegetable Medley	Sushi Day! Sesame Chicken or Teriyaki Mushroom Stir Fry  Steamed Rice  Egg Rolls Vegetable Medley	<b>Oktober Fest</b> Bratwurst Hoagies or Cheesy Spatzle  Pretzels w/ Beer Cheese  Creamed Spinach Vegetable Medley	Hamburgers or Veggie Burgers  Crinkle Cut French Fries  Corn Vegetable Medley	Chicken Alfredo or Cheese Pizza  Garlic Sticks  Roasted Cauliflower Vegetable Medley	Assorted Breads Fresh Baked Treats Assorted Cold Cereals Fruit & Yogurt Bar	Assorted Breads Fresh Baked Treats Assorted Cold Cereals Fruit & Yogurt Bar
Evening Main Plate	Roasted Chicken or Stuffed Butternut Squash  Parsley Fingerling Potatoes Vegetable Medley	Build Your Own Soup Bar	Pork Schnitzel or Eggplant Sandwich  Orzo Vegetable Medley	Beef Roast or Pan Seared Trout w/ Garlic Mushroom Sauce  Cauliflower Mash Vegetable Medley	Baked Potato Bar	Stuffed Chicken  Sautéed Greens Vegetable Medley	Surf & Turf Tacos  Santa Fe Rice  Corn on the Cob Vegetable Medley

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