

SHADY SIDE

ACADEMY

Senior School
WEEK 1 (SEPTEMBER 30– OCTOBER 6)

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day Breakers		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		Waffle Bar
Live Well	Eggs Cooked to Order Chef's Choice Breakfast Meat Potato Assorted Breads Assorted Cold Cereal Assorted Fruits	Spinach & Roasted Tomato Naan	Baked Mahi Mahi*	Crab Stuffed Mushrooms	Breaded Sole	Cranberry Harvest Oatmeal Eggs Cooked to Order or Breakfast Sliders Breakfast Potatoes Ham Steaks	Scrambled Eggs or Tater Tot Breakfast Casserole Fresh Home Fries Bacon
Main Plate		Chicken Parmesan or Eggplant Florentine Noodles Green Beans Vegetable Medley	Hawaiian Luau Slow Cooked Kalua Pork or Pineapple Fried Rice Sweet Potato Fries Broccoli & Carrot Teriyaki Vegetable Medley	Beefy Macaroni or Garden Vegetable Pie Cheesy Breadsticks Roasted Cauliflower Vegetable Medley	Pepperoni & Mushroom Pizza or Cheese Pizza Rice Pilaf Roasted Brussels 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	Butter Chicken or Eggplant Coconut Curry Basmati Rice Vegetable Medley	Breakfast for Dinner	Grilled Flank w/ Chimichurri or Grilled Flatbreads Spicy Rice Vegetable Medley	Chef's Choice	Taco Bar	Asian Noodle Bowl	Beef Stroganoff Noodles Roasted Zucchini Vegetable Medley

Cindy Wise, General Manager — (412)-968-3111
Tiffany Woods, Chef Manager — (412)-968-3112
metz@shadysideacademy.org