



St. Johnsbury Lunch Menu October 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
October 2nd Comfort Foods Pasta Bake Show Cookery Stir-fry Lo Mein Pizza Artisan Style Pizza Grill Station Hot Dogs	October 3rd Comfort Foods Chicken Tikka Masala Show Cookery Gyro Chicken Panini's Grill Station Chicken Tenders & Baked Fries	October 4th Comfort Foods Kalamata (Lemon Chicken) Show Cookery Taco Bar Pizza Artisan Style Pizza Grill Station Quesadillas	October 5th Comfort Foods Creole Bar (Seasoned Chicken) Show Cookery Spaghetti Dinner Panini's Grill Station Chicken Patties & Baked Fries	October 6th Comfort Foods Meatball Subs Show Cookery Burrito Bar Pizza Artisan Style Pizza Grill Station Fish Sandwich & Chips	Cafe Open 7am - 5pm Breakfast \$1.50 Lunch \$ 3.25 Dining Hall Open for Lunch 10:50am Salad Bar Deli Bar Pizza Station Comfort Food Station Show Cookery Station
October 9th Comfort Foods Ravioli Bar Show Cookery Baked Potato Bar Pizza Artisan Style Pizza Grill Station Chicken Patty & Baked FF	October 10th Comfort Foods Smoke House BBQ Show Cookery Build Your Own Shepard's Pie Panini's Grill Station Hot Dogs & Baked FF	October 11th Comfort Foods Steak & Potato Show Cookery Nacho Bar Pizza Artisan Style Pizza Grill Station Chicken Tenders & Baked Fries	October 12th Comfort Foods Hot Dog Bar Show Cookery Chicken Vindaloo Panini's Grill Station Pop Corn Chicken & Baked Fries	October 13th Comfort Foods Roasted Chicken Dinner Show Cookery Macaroni Cheese Bar Pizza Artisan Style Pizza Grill Station Fish Sticks & Baked Fries	Salad Bar An Assortment of Fresh Vegetable, Fresh Fruit, Meats and Cheeses. Specialty Salads, Variety & Healthy Choices Assorted Salad Dressings We will feature local produce, meat & meat alternatives!
October 16th Comfort Foods Shepard's Pie Vegetarian Shepard's Pie Show Cookery Smoke House BBQ Pizza Artisan Style Pizza Grill Station Chicken Nuggets & Baked FF	October 17 Comfort Foods Meatball Bar Show Cookery Taco Bar Panini's Grill Station Quesadilla's	October 19 Comfort Foods Chicken Pot Pie Vegetarian Pot Pie Show Cookery Taco Salad Bar Pizza Artisan Style Pizza Grill Station Chicken Tenders & Baked Fries	October 20th Comfort Foods Pasta Bar Show Cookery Chicken Caesar Wraps Panini's Grill Station Chicken Patty Sandwich & Baked Fries	October 21st Comfort Foods General Tso Chicken Show Cookery Baked Potato Bar Pizza Artisan Style Pizza Grill Station Fish Sandwich & Baked Fries	Deli Choice of Fresh Whole Wheat Sub Buns, Wraps, VT Breads Toppings to include Assorted Deli Meats and Cheeses, Hummus, Egg Tuna and Chicken salad, fresh vegetables Gluten Free Breads Available
October 23rd Comfort Foods Sesame Chicken Wraps Show Cookery Nacho Bar Pizza Artisan Style Pizza Grill Station Hot Dog & Baked FF	October 24th Comfort Foods Meatloaf Dinner Show Cookery Cajun Chicken Panini's Grill Station Chicken Patty & Baked FF	October 25th Comfort Foods Macaroni Cheese Bar Show Cookery Philly Cheese Steak Pizza Artisan Style Pizza Grill Station Quesadillas	October 26th Comfort Foods Build Your Own Shepard's Pie Show Cookery Chicken Wing Bar Panini's Grill Station Pop Corn Chicken & Baked FF	October 27th Comfort Foods Steak Salad Wraps Show Cookery BLT Bar Pizza Artisan Style Pizza Grill Station Fish Sticks & Baked Fries	Other Items Available Daily Home made soup bar Frozen Yogurt Bar Desserts Beverages to include Milk 1%, FF Milk Or Low Fat Chocolate Milk And 100% Juice
October 30th Comfort Foods Pasta Bake Show Cookery Stir-Fry Lo Mein Pizza Artisan Style Pizza Grill Station Chicken Patty & Baked FF	October 31st Comfort Foods Chicken Tikka Masala Show Cookery Gyro Chicken Panini's Grill Station Quesadillas				Menu's Subject To Change Thank You! Aladdin Food Services