

# King's College School

## Menus – Jan. 14 to Jan. 18

Monday	Tuesday	Wednesday	Thursday	Friday	
Roasted Red Pepper Tomato Soup	Chicken Noodle Soup	Roasted Vegetable Soup	Oriental Rice Noodle Soup	Ski Day – School Closed	
Spinach Salad and Assorted Dressings	Garden Salad and Assorted Dressings	Garden Salad and Assorted Dressings	Mixed Greens Salad and Assorted Dressings		
Roast Beef or Vegetarian Kale and Quinoa Bites	BBQ Chicken or Vegetarian Frittata	Beef Meatloaf or Vegetarian Lentil and Mushroom Loaf with Gravy	Meat or Vegetarian Pizza Roll-Ups		
Mashed Potatoes	Rice	Mashed Potatoes	Vegetable Crudités		
Roasted Carrots and Peas	Corn	Green Beans	Chocolate Pudding with Whip Cream		
Lemon Squares	Brownies	Lemon Raspberry Cake	Milk or Juice		
Milk or Juice	Milk or Juice	Milk or Juice			
<b>Afternoon Snack:</b>	<b>Afternoon Snack:</b>	<b>Afternoon Snack:</b>	<b>Afternoon Snack:</b>		<b>Afternoon Snack:</b>
Apples & Cheddar Cheese	Homemade Chocolate Chip Cookies	Crackers and Hummus	Granola Bars		