

Peachtree Road Lutheran Preschool
Lunch Menu - February 2017

		1 Tomato basil soup Grilled cheese sandwich	2 Lemon and pepper tilapia Mashed sweet potatoes Cauliflower	3 Turkey shepherd's pie with potatoes, carrots, peas and lima beans
6 Beef fried rice with Broccoli, baby corn, water chestnuts	7 Pork tenderloin Mashed potatoes Mixed vegetables	8 Meatloaf Basmati rice with carrots and peas	9 Chicken tacos Black beans, Guacamole Sour cream, shredded cheese	10 Herbed tilapia Quinoa with kale and cherry tomatoes
13 Couscous Turkey breast Tomato-chickpea salad	14 Cream of broccoli soup	15 Chicken breast Fusili pasta with marinara sauce Green beans	16 Pulled pork quesadilla Refried beans Salad	17 Baked butternut squash macaroni and cheese
20 Parent conferences No school *except infants	21 Roasted chicken breast Orzo pasta with pesto and Broccoli	22 Pork tenderloin Mixed vegetables Basmati rice	23 Meat lasagna Sweet peas	24 Arroz con pollo Baked rice with chicken and vegetables
27 Roasted Turkey breast Quinoa Spinach and kale	28 Pulled pork tacos Guacamole, sour cream, cheese and lettuce			

- Organic fresh fruit is served in every meal
- Kids with special diets will be served a different meal to fit their needs.
- Menu might change according to availability of items
- For questions and comments please contact me at chefrogerio@live.com

By Executive Chef Rogerio Martins