

OCTOBER 23 - NOVEMBER 17



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCT 23 Soup du Jour Grape Feta Salad ■ Housemade Spaghetti w/Meat Sauce Spaghetti w/Beyond Meat Sauce ▼ Oven Baked Herb Fish ■ Oven Roasted Green Beans Garlic Bread Chocolate Cake	24 Soup du Jour Dried Cranberry & Blue Cheese Salad ■ Grilled Salmon Fishless Fish ▼ Chicken Veggie Wrap ■ California Blend Jasmine Rice Ice Cream	25 Soup du Jour Seasoned Ribs BBQ Sauce on the Side Vegetable Stir Fry/Noodles ▼ Baked Chicken ■ Sauteed Cabbage Macaroni & Cheese Cornbread Cookies	26 Soup du Jour Green Salad ■ Beef Nacho Bar Vegetarian Meat/Nacho Bar ▼ Grilled Chicken Quesadilla Oven Roasted Mixed Veggies Assorted Toppings Sour Cream/Cheese Sauce Jalapenos Shredded Lettuce/Tomatoes Black Olives Ice Cream	27 Check Out
30 Soup du Jour Green Salad Chicken & Waffles Vegetarian Chicken ♥ ▼ Roasted Chicken Breast ■ Oven Roasted Vegetables Vanilla Cake Tea	31 Soup du Jour Jamaican Beef Patty Vegetarian Chicken ♥ ▼ Herbed Baked Chicken ■ Garlic Sauteed Cabbage Red Beans & Rice Ice Cream	NOV 1 Soup du Jour Greens & Smoked Gouda Salad Pot Roast Vegetarian Beef Strips ♥ ▼ Eggplant Parmesan ■ Roasted Brussel Sprouts Mashed Potatoes/Gravy Dinner Roll Chocolate Chip Cookies Lemonade	2 Soup du Jour Green Salad Orange Chicken Veggie Orange Chicken ♥ ▼ Asian Noodle Bowl w/Veggies ■ Garlic Sauteed Broccoli Fried Rice Sprint Roll Pudding Cup	3 Check Out
6 Soup du Jour Asian Salad Breakfast for Dinner Eggs, Bacon, Sausage Vegan Breakfast Bake Jus Eggs, Potatoes, Vegan Sausage Spinach Quiche Roasted Vegetables Cheese Grits Potatoes Buttered Waffle Cinnamon Roll Tea	7 Soup du Jour Fried Fish Fried Tofu ▼ Oven Roasted Chicken ■ Collard Greens Scalloped Potatoes Cornbread Ice Cream Cup	8 Soup du Jour Wing Bar Vegetarian Chicken ▼ Baked Chicken Wings ■ Caesar Salad Potato Wedges Juice Box Lemon Cake Punch	9 Check Out	10
13 Soup du Jour Farmer's Salad Honey Garlic Pork Chops Honey Garlic Vegetarian Chicken ▼ Honey Garlic Chicken ■ Broccoli & Cheese Casserole Herb Roasted Potatoes Buttered Biscuit Ice Cream Bar Juice Box	14 Soup du Jour Spaghetti w/Meat Sauce Spaghetti w/Vegetarian Meat Sauce ▼ Eggplant Parmesan ■ Garden Salad Garlic Bread Rice Krispie Treat	15 Soup du Jour SEED Way Sub Sandwich Ham, Turkey, Tuna, Chicken Salad Veggie Sub ▼ Lettuce, Tomato, Onion Pickle Potato Chips Cookies Flavored Water	16 Soup du Jour Spinach & Fruit Salad Pizza Bar Vegetarian Pizza ▼ Zucchini Patty Sauteed Vegetable Medley Mexican Street Corn Vanilla Cake	17 Check Out

Salad Bar and Fresh Fruit
always available for
lunch/brunch/dinner.

Vegetarian Option ▼
Low Fat Option ♥
Healthier Option ■



The "Healthier" ■ indication on Entrees means <350 cal, <5 g sat. fat, on Soup, Salad, Sides means <250 cal, <5 g sat. fat, on Baked Goods means <230 cal, <5 g fat

This institution is an equal opportunity provider. Menu subject to change.

SEED School of Washington DC Dinner Menu