

Cathedral School Lunch Menu



CD = Contains Dairy

GF = Gluten Free

NV = Non Vegetarian

All meals are served with fresh fruits and vegetables.

September
2016

Feature of the Month

E.Z. Orchards

E.Z. Orchards and farm market are located on the outskirts of Salem and in the heart of the Willamette Valley. The Zielinski family owns and operates the farm that was established in 1929. Fresh n' Local Foods has a wonderful partnership with E.Z. Orchards and they provide us with beautiful, delicious, locally grown apples and pears during the fall season!

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1		2	
Closed		5 Lunch 1: (CD) Fiesta Pasta Bowl, fresh fruit, and veggie Lunch 2: (NV, CD) Ham and Cheddar Sandwich, fresh fruit, and veggie	6 Lunch 1: (GF, CD) Taco Salad Bowl, Tortilla Chips, fresh fruit, and veggies Lunch 2: (NV, CD) Turkey and Provolone Sandwich, fresh fruit, and veggie	7 Lunch 1: (NV, CD) Caesar Pasta Salad w/ Chicken, fresh fruit, and veggies Lunch 2: (NV, CD) Turkey Pastrami, and Swiss Sandwich, fresh fruit, and veggie	8 Lunch: (NV) Teriyaki Chicken with Rice, fresh fruit, and veggies				
Lunch 1: (CD) Mozzarella Pasta Bake, fresh fruit, and veggies		12 Lunch 1: (CD, GF) Chef Salad Bowl, cornbread muffin, and fresh fruit Lunch 2: (NV, CD) Ham and Cheddar Sandwich, fresh fruit, and veggie	13 Lunch 1: (CD, GF) Mexican Bean and Rice Bowl, fresh fruit, and veggies Lunch 2: (NV,CD) Turkey and Provolone Sandwich, fresh fruit, and veggie	14 Lunch 1: (CD) Greek Pasta Bowl, veggies, and fresh fruit Lunch 2: (NV) Chicken Salad Sandwich, fresh fruit, and veggie	15 Lunch: (NV) BBQ Chicken Sandwich, whole wheat bun, fresh fruit, and veggies				
Lunch: (NV) Italian Spaghetti w/ Turkey Sausage, fresh fruit, and veggies		19 Lunch 1: (NV, CD) Chicken Caesar Salad Bowl, whole wheat roll, and fresh fruit Lunch 2: (NV, CD) Ham and Cheddar Sandwich, fresh fruit, and veggie	20 Lunch 1: (NV) Teriyaki Soba Bowl with Chicken, veggies, and fresh fruit Lunch 2: (NV) Chicken Salad Sandwich, fresh fruit, and veggie	21 Lunch 1: Fiesta Pasta Bowl, veggies, and fresh fruit Lunch 2: (NV, CD) Turkey and Provolone Sandwich, fresh fruit, and veggie	22 Lunch: (CD) Traditional Pizza Bagel, fresh fruit, and veggies				
Lunch: (NV, CD) Chicken Pot Pie, fresh fruit, and veggies		26 Lunch 1: (GF, CD) Taco Salad Bowl and fresh fruit Lunch 2: (NV) Chicken Salad Sandwich, fresh fruit, and veggie	27 Lunch 1: (CD, NV) Chicken Bacon Ranch Pasta Salad, veggies, and fresh fruit Lunch 2: (NV, CD) Turkey Pastrami and Swiss Sandwich, fresh fruit, and veggie	28 Lunch 1: Veggie Hummus Wrap, fresh fruit, and veggie Lunch 2: (NV, CD) Ham & Cheddar Sandwich, fresh fruit, and veggie	29 Run 4 Cathedral Complimentary Lunch			30	