



GET FRESH. BUY LOCAL.

create

This month we're celebrating autumn squash

 in your café!

Chartwells dining Services October Menu 2019

extra.
extra

- List snack and beverages
 Featuring:
 • After School snack program 2:30pm-3:15pm
 • Pre-made salads, sandwiches
 • Grab and go snacks

ON THE GO
Daily Specials

Assorted pre-packaged entrée salads and deli
 Daily Specials may include...
 Chicken Caesar Salad,
 Turkey Club Sandwich,
 Italian Sub and Yogurt Parfaits,
 Pudding Parfaits
 fresh Mozz sticks,
 Fresh apples and oranges

	1	2	3	4
	Fried Chicken Tenders And French Fries	Buffalo chicken Mac and Cheese Southern buttermilk biscuit Vegetable Medley	Maple Mustard glazed pork loin sandwich Au gratin Potatoes Apple sauce Sweet corn	Chicken Broccoli Alfredo over rigatoni pasta Garlic bread stick
7	8	9	10	11
Garlic Parm chicken Tenders Served over a antipasti salad. Dinner roll	Chef's steak and cheese signature sandwich Waffle Fries Sweet Corn	BBQ Beef Brisket Sliders with served with classic mac and cheese pasta Side bacon baked beans	Breakfast Burrito (Egg, bacon, cheddar cheese) salsa and sour cream Southwestern Home fries	Baked Ziti (Ground beef, ricotta cheese, and mozzarella cheese.) Caesar Salad Dinner roll
14	15	16	17	18
Columbus Day	Twin Grilled Cheese Hot dog with bacon, pickles and minced onion jam Side onion rings Sweet corn	House made Chicken Lo Mein Egg roll Ginger fried vegetable Medley	Chicken Soft Taco's Mexican Rice BBQ black beans	Mozzarella cheese sticks served over rigatoni with fresh Marinara and parm cheese.
21	22	23	24	25
Generals Tso's spicy sweet Chicken Steamed Jasmine rice Veggie Egg roll	Individual Pepperoni Stromboli Side marinara Kettle chips	Chef's signature Meatball grinder Garlic bread Italian Green bean salad	Mexican Style Beef Nacho's served with Jalapeño Cheese sauce Southwestern Corn Salad	Pasta Bar Choice of Meat sauce, Alfredo or signature mac and cheese sauce Garlic bread stick
28	28	30	31	
Fried Chicken Tenders Curly fries Broccoli And cheese vegetable	Ultimate Mac and cheese topped with Pulled Pork Corn bread muffin	Pepper jack chicken Club sandwich served on fresh bakery hard roll Onion rings	Bacon, cheddar burger burrito Oven roasted Tater Tots Sweet buttered corn	

 Available daily:
Fresh Hand Tossed Pizza
 Cheese Pizza daily
Specialty Pizza every day Chef's inspiration

grill'd
 Available daily:
Chef's inspiration of the day for sandwich slide

SO DELI
A house favorite
Freshly sliced premium deli meats and cheeses
Fresh bread daily delivered from Rockland Bakery
Every sandwich vegetable known to man
Make it a meal deal with a cup of soup and a bag of chips and Saratoga water for \$5.00

Menu Subject to Change  All grain items are made with whole grains
Any questions please call Aaron Mondore, Director of Dining Services at 518-682-7428
If you have any food allergies, please let us know!
 Prices: Student Meal deal \$5.00 • which includes fresh protein, starch and veg and a bottled Saratoga water
 Or Arnold Palmer Tea



This institution is an equal opportunity provider and employer