

Carmel Elementary Lunch Menu

Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken burger on whole wheat bun	Meat sauce & pasta	Breaded chicken nuggets	Grilled salmon	Sausage & Rolls
	Steamed rice			
Chopped tomato and cucumber salad Hard boiled eggs	Sauteed green beans Mixed green salad Carrots	Mixed green salad Olives Corn Edemame Olives	Mixed green salad Cucumber Carrots Hard boiled eggs Olives	Mixed green salad Olives Cucumber Tomatos
Tuna sandwich Egg sandwich Salami sandwich	Tofutti club roll Salami club roll Tuna club roll	Tuna sandwich Egg sandwich Tofutti sandwich	Tofutti club roll Salami club roll Tuna club roll	Salami sandwich Egg sandwich Tofutti sandwich
Seasonal Fruit Selection				

Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Egg fried rice and chicken stir fry	Fish nuggets	Breaded chicken nuggets	Grilled chicken leg	Chicken shwarma
	Steamed rice		Roasted potatoes	Pita
Chopped tomato and cucumber salad Hard boiled eggs	Sauteed green beans Mixed green salad Carrots	Mixed green salad Olives Corn Edemame Olives	Mixed green salad Cucumber Carrots Hard boiled eggs Olives	Mixed green salad Olives Cucumber Tomatos
Tuna sandwich Egg sandwich Salami sandwich	Tofutti club roll Salami club roll Tuna club roll	Tuna sandwich Egg sandwich Tofutti sandwich	Tofutti club roll Salami club roll Tuna club roll	Salami sandwich Egg sandwich Tofutti sandwich
Seasonal Fruit Selection				