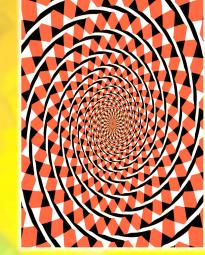
The original value meal & still a fantastic deal!

Lunch \$5.00

Questions about lunch? Please email or call William Lorah, wslorah@dock.org or 215-362-2676 ext.212

Dock Mennonite Academy High School Lunch Menu

January 30th—February 10th



This image might look like a spiral, but it's not — it's a series of circles. The background makes it APPEAR to be a spiral. Try tracing one of the lines if you're not convinced. You won't move inward or outward — you'll just go

around in a circle.

Only an

Monday, January 30

Main Entrée: Grilled Cheese with Tomato Soup

Second Option: Egg and Cheese Bagel or Sausage, Egg, and Cheese Bagel

Sides: Carrot Sticks, Steamed Green Beans, Side Salad, Sliced Pears, and Grapes

Beverages: Milk, juice, or

Water

Tuesday, January 31

lMain Entrée: Chicken Tikka Masala over seasoned Rice

Second Option: Hummus and Pita Platter or Crispy Chicken Sandwich

Sides: Carrot Sticks, Roasted Cauliflower, Salad, Sliced Apples, and Grapes

Beverages: Milk, juice, or

Water

Wednesday, February 1

Main Entrée: Cheese Burger or Vegetable Burger with Tots

Second Option: Lasagna Roll-up with Garlic Bread

Sides: Seasoned Carrots, Baked Beans, Sliced Apples, Salad, and Grapes

Beverages: Milk, juice, or Water

Thursday, February 2

Early Dismissal

School Closed Educators Conference

Friday, February 3



Monday, February 6

Main Entrée: Meatball Sandwich with Pasta Salad

Second Option: Plant based Meatball Sandwich

Sides: Side Salad, Roasted Brussel Sprouts, Sliced Apples, and Grapes

Beverages: Milk, juice, or

Water

Tuesday, February 7

Main Entrée: Dock chicken Sandwich with Waffle Fries

Second Option: House Salad topped with Tuna

Sides: Side Salad, Steamed Broccoli, Apple Sauce, and Grapes

Beverages: Milk, juice, or

Water

Wednesday, February 8

Main Entrée: Italian Hoagie with Chips

Second Option: Mozzarella Sticks

Sides: Seasoned Green Peas, Side Salad, Carrot Sticks, Sliced Apples, and Mandarin Oranges

Beverages: Milk, juice, or Water

Thursday, February 9

Main Entrée: Hot Roast Turkey with Mashed Potatoes

Second Option: Tuna Wrap

Sides: Carrot Sticks, Salad, Pineapple Chunks, Steamed Green Beans, and Grapes

Beverages: Milk, juice, or

Water

Friday, February 10

Main Entrée: Pizza Slice

Other Option: Chicken Club Wrap

Sides: Side Salad, Seasoned Corn, Red Grapes, and Apple

Sauce

Beverages: Milk, juice, or

Water