

Mirowitz Specialty Salad Menu

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|---|---|---|--|---|
| <b>11-2</b>   | <b>11-3</b>   | <b>11-4</b>   | <b>11-5</b>  | <b>11-6</b>   |
| Salmon Cakes<br>carrots, sweet peppers,<br>cucumber, ranch dressing,<br>buckwheat, romaine hearts                                 | <b>Election Day</b><br><b>No School</b>   | Homestyle Tuna Salad<br>classic café salad, with<br>shredded carrot, tomato,<br>cucumber, sweet peppers                     | Buffalo Tofu<br>Frank’s Red Hot Sauce<br>Scallions, Celery, Carrots,<br>Ranch, Cucumbers,<br>Romaine Bed                                     | Vilna Chicken<br>Diced roasted chicken<br>Kasha Pilaf, cabbage, romaine,<br>winter veggies<br>Honey Mustard                                       |
| <b>11-9</b>   | <b>11-10</b>  | <b>11-11</b>  | <b>11-12</b>   | <b>11-13</b>  |
| Ahi Tuna<br>Served Rare<br>Atop romaine bed<br>Shredded carrots, cucumber,<br>tomato, sweet peppers<br>Sesame Ginger Dressing     | Buffalo Tofu<br>Oven Fried, Coated in Frank’s<br>Red Hot Sauce<br>Scallions, Celery, Carrots,<br>Ranch, Cucumbers,<br>Romaine Bed | Ginger Grilled Salmon<br>Atop romaine bed<br>Shredded carrots, cucumber,<br>tomato, sweet peppers<br>Sesame Ginger Dressing | Honey Mustard Salmon<br>Atop romaine bed<br>Shredded carrots, cucumber,<br>tomato, sweet peppers,<br>sunflower seeds<br>Ranch Dressing       | Hollywood Chicken<br>Grilled chicken, quinoa,<br>strawberry, kale, craisins,<br>grapes, strawberries, carrots,<br>grape tomatoes<br>Honey Mustard |
| <b>11-16</b>  | <b>11-17</b>  | <b>11-18</b>  | <b>11-19</b>   | <b>11-20</b>  |
| Grilled Salmon<br>Quinoa, romaine, cabbage,<br>grape tomatoes, sweet peppers,<br>cucumber<br>Ranch Dressing                       | Egg Salad<br>classic café salad, with<br>shredded carrot, tomato,<br>cucumber, sweet peppers<br>Ranch Dressing                    | Tuna Poke Bowl<br>Ceviche ahi tuna<br>Kale, buckwheat, pineapple,<br>Red bell pepper, cabbage,<br>Lemon-basil vinaigrette   | Japanese Noodle Salad<br>Diced tofu, sesame seed, soy,<br>green onion, hardboiled<br>marinated kale, sweet peppers<br>sesame ginger dressing | Sesame Salmon<br>Asian veggies, brown rice,<br>Kale bed, sesame ginger<br>dressing  |
| <b>11-23</b>  | <b>11-24</b>  | <b>11-25</b>  | <b>11-26</b>   | <b>11-27</b>  |
| Ahi Tuna<br>Served Rare<br>Atop romaine bed<br>Shredded carrots, cucumber,<br>tomato, sweet peppers                               | Ginger Grilled Salmon<br>Atop romaine bed<br>Shredded carrots, cucumber,<br>tomato, sweet peppers                                 | <b>No School</b><br><b>Thanksgiving Break</b>   | <b>No School</b><br><b>Thanksgiving Break</b>  | <b>No School</b><br><b>Thanksgiving Break =</b>   |
| <b>11-30</b>  |   |   |  | <b>Add Extra Protein 2.00</b>   |
| very berry chicken salad<br>strawberry, grapes,<br>sunflower seeds, craisins,<br>sweet pepper, cucumber<br>spinach, honey mustard |   |   |  |   |