

Menu Info	Name : October 2021 Liberty Classical Academy		Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads	
	Age Group : K-12		Meal : Lunch	
CKC Chef Spotlight - Chef Ambika (& Menu Planner, CKC)			Friday, October 1, 2021	
Week V	"Nothing Awakens Reminiscence Like an Aroma" - Victor Hugo			Pizza Day
Hot Meal	<p>Cooking is my stress-buster activity and my aromatherapy. Born and brought up in India, the land of spices, no wonder, I have always loved the aroma of food more than its visual and taste. Of course, taste and looks are important, but it is the aroma that hits the notch first, whenever I cook.</p> <p>Out of my two kids, one is a foodie and other is a picky eater. So, it's a no brainer to say, whatever I cook will not be received well by one of my kids. Either it is 'too bland' or 'too spicy'. But I can safely say this 'Garam Masala Chicken' is both their favorite. With the name suggesting 'Garam Masala' (a heavenly aromatic spice mixture used in Indian cooking), it is equally loved by me, to cook and eat as well.</p>			Pepperoni Pizza Cheese Pizza Optional Extra Slice Choice Milk
Hot Veg	- Ambika			
Cold	Ambika's "Garam Masala Chicken" recipe is on Page 2			

	Monday, October 4, 2021	Tuesday, October 5, 2021	Wednesday, October 6, 2021	Thursday, October 7, 2021	Friday, October 8, 2021
Week VI	Chick-fil-A	Sweet & Sour Chicken	Build Your Own Burrito	Chicken Mashed Potato Bowl	Pizza Day
Hot Meal	Chick-fil-A Sandwich & Chips Chick-fil-A Grilled Sandwich & Chips Choice Milk	Steamed Rice w/Soy Sauce Fortune Cookie Assorted Salad Bar Fruit of the Day & Choice Milk	Taco Meat, Cheese, Corn & Black Salsa Seasoned Rice & Sour Cream Assorted Salad Bar Fruit of the Day & Choice Milk	Fresh Bakery Roll & Margarine Assorted Salad Bar Fruit of the Day Choice Milk	Pepperoni Pizza Cheese Pizza Optional Extra Slice Choice Milk
Hot Veg		Veggie TexMex Wrap	Garden Cheeseburger	Cheese Quesadilla	
Cold		Grilled BBQ Chicken Bun	Turkey & Cheddar Chz Wrap w/Mayo	Asian Chicken Sticky Bun	

	Monday, October 11, 2021	Tuesday, October 12, 2021	Wednesday, October 13, 2021	Thursday, October 14, 2021	Friday, October 15, 2021
Week I	Chick-fil-A	Crispy Tennessee Chicken Sandwich	Combo Fried Rice w/ Soy Sauce	Mexi Wrap	Pizza Day
Hot Meal	12 Count Nuggets & Chips 5 Count Nuggets & Chips 5 Count Grilled Nuggets & Chips Choice Milk	Assorted Salad Bar Fruit of the Day Choice Milk	Cream Cheese Wontons (2) Assorted Salad Bar & Fortune Cookie Fruit of the Day Choice Milk	Tater Tots, Srambled Eggs, Seasoned Beef & Cheese Flour Tortilla & Sour Cream Assorted Salad Bar Fruit of the Day & Choice Milk	Pepperoni Pizza Cheese Pizza Optional Extra Slice Choice Milk
Hot Veg		Grilled Cheese Sandwich	Wild Mikes Cheese Bites, Fresh Broccoli	Bean & Cheese Burrito	
Cold		Honey Mustard Chicken on WG Bun	Chicken Caesar Wrap, Fresh Broccoli & Elf Grahams	Chicken & Cheese Torta Sandwich	

	Monday, October 18, 2021	Tuesday, October 19, 2021	Wednesday, October 20, 2021	Thursday, October 21, 2021	Friday, October 22, 2021
Week II	Chick-fil-A	Cheese Pizza Crunchers w/Marinara	Mongolian Meatballs	No School	No School
Hot Meal	Chick-fil-A Sandwich & Chips Chick-fil-A Grilled Sandwich & Chips Choice Milk	Ice Cream Cup Assorted Salad Bar Fruit of the Day Choice Milk	Steamed Rice Soy Sauce Assorted Salad Bar Fruit of the Day & Choice Milk		
Hot Veg		Cheesy Pull Apart Bread	Veggie Lasagna Roll		
Cold		Sesame Chicken Bun	Turkey & Cheese Wrap w/Mayo		

	Monday, October 25, 2021	Tuesday, October 26, 2021	Wednesday, October 27, 2021	Thursday, October 28, 2021	Friday, October 29, 2021
Week III	Chick-fil-A	Cheesy Lasagna w/Red Sauce	Walking Beef Taco w/Fixings	Orange Chicken Bowl	Pizza Day
Hot Meal	12 Count Nuggets & Chips 5 Count Nuggets & Chips 5 Count Grilled Nuggets & Chips Choice Milk	Garlic Toast Assorted Salad Bar Fruit of the Day Choice Milk	Nacho Chz Chips, Beef, Shredded Cheese, Cilantro Sour Cream & Hot Sauce Assorted Salad Bar Fruit of the Day & Choice Milk	Steamed White Rice Soy Sauce Assorted Salad Bar Fruit of the Day & Choice Milk	Pepperoni Pizza Cheese Pizza Optional Extra Slice Choice Milk
Hot Veg		Veggie Burger	Egg Fried Rice	Veggie Lasagna Roll	
Cold		Lime Chicken Bun w/Boom Sauce	Banh Mi Chicken on WG Roll w/Sauce	Chicken & Cheddar Wrap	

Hot Veg and Cold meals are served with vegetables and fruit of the day

Deli Salad choices offered everyday (Both Regular & Vegetarian options available. All deli salads come with fruits and milk)

Days	Monday	Tuesday	Wednesday	Thursday	Friday
Deli Salads (Vegetarian choices come with eggs in the place of chicken)		Grilled Chicken Asian Salad	Grilled Chicken Southwest Taco Salad	Grilled Chicken Bistro Salad	
		Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll added to complete the WG requirement	Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal.	Bistros are simple, casual and informal restaurants. Bistro salads carry that essence, with simple but hearty Romaine and Spinach salad, along with Chicken Breast & WG Roll.	

Garam Masala Chicken (Chef Ambika's Recipe)

*Skim and 1% milk choices offered daily.

*All Bread/Chips/Tortillas listed in the menu are whole-grain products.

Ingredients	Serves 3 People	Method
To Marinate - Chicken Breast Chunks - 500 grams - Garam Masala - 1.5 Tsp (Please reduce, if you are not a fan of heavy aroma) - Kashmiri Red Chili Powder - 3 Tsp (This is a non-spicy chili powder, that is used only for its vibrant red color. It gives the food, a bright reddish orange tint).	- Turmeric powder - 1 Tsp (This powder has antibiotic and anti-inflammatory properties and a staple in all Indian dishes. Especially it is added to meat dishes, as meat is more prone to microbe infections in Indian climates) - Salt - as needed - Lemon juice - 1 Tbsp To Sauté - Sliced Red Onion - 1/2 Cup - Oil - 1/4 Cup	- Add all the items under the 'To Marinate' section in a mixing bowl and toss well. Keep refrigerated the marinated chicken for about two hours. (This marinated mixture freezes well, so toss in freezer for later use too.) - Add oil to an iron pot (called as a 'kadai' in India) / or to a covered skillet. When the oil is hot, reduce heat to low, add sliced onions and sauté well, until the onions are golden brown. - Once the onions are golden brown, add the marinated chicken (If frozen already, thaw well before cooking) and sauté. Once the chicken starts getting cooked, close the pot with a lid, stirring the mixture occasionally. - When the oil starts separating from the side, check the doneness of chicken. If more flavors are needed, salt and spice can be added more and sauteed gently. This chicken is a perfect company to steamed long grain rice or flat bread. (Shopping Tip : Garam Masala and Kashmiri Red Chili Powder can be easily found in any Indian Grocery shops)

Menu Info					
November 2021 Menu (Subject to Change)					
	Monday, November 1, 2021	Tuesday, November 2, 2021	Wednesday, November 3, 2021	Thursday, November 4, 2021	Friday, November 5, 2021
Week IV	Chick-fil-A	Turkey & Gravy	Cheesy Bread Bites w/Italian Dip	Brunch Lunch	Pizza Day
Hot Meal	Chick-fil-A Sandwich & Chips Chick-fil-A Grilled Sandwich & Chips Choice Milk	Buttered Mashed Potatoes Dinner Roll & Margarine Assorted Salad Bar & Fruit of the Day Choice Milk	Crispy Cube Potatoes w/Ketchup Assorted Salad Bar Fruit of the Day Choice Milk	French Toast Sticks & Syrup Turkey Sausage Assorted Salad Bar Fruit of the Day & Choice Milk	Pepperoni Pizza Cheese Pizza Optional Extra Slice Choice Milk
Hot Veg		Double Cheese Omelet & WG Muffin	Cheese Bosco Sticks w/ Marinara Sauce	French Toast Sticks & Syrup, Yogurt Cup	
Cold		CKC Crazy Good Chicken Bun	Chicken Mozzarella Wrap	Sesame Chicken Bun	
	Monday, November 8, 2021	Tuesday, November 9, 2021	Wednesday, November 10, 2021	Thursday, November 11, 2021	Friday, November 12, 2021
Week V					
Hot Meal					
Hot Veg					
Cold					

*Skim and 1% milk choices offered daily.
*All Bread/Chips/Tortillas listed in the menu are whole-grain products.