

**From the Viking's Vessel at Christiana High School
Menu for 3/22/10**



Hot Entree`-

Monday: Cheese Steak or Italian Sausage on Roll with baked potato and soup

Tuesday: Chicken Tenders or BBQ Riblet with oven fries and soup

Wednesday: Cheeseburger or Chicken Jambalaya with brown rice and hot veggie

Thursday: Roasted Chicken or Hot Turkey On Roll w/gravy and mashed potatoes, soup and gelatin with whipped topping

Friday: Season's Pizza or Fish Sandwich with garden salad & soup

Soup – Served daily

Wrap it Up Deli – 5 Days a Week

Create your own sub/wrap from a selection of turkey, ham, roast beef, salami, cappacola, and assorted cheeses. Don't forget the toppings: lettuce, tomato, hot/sweet peppers, pickles, onions *all served on multi-grain wraps/rolls

Vegetarian Choices

Fruit and yogurt platter

Customize your "veggie" salad from our salad bar

Customize your "veggie" sandwich from our deli bar

All meals include a choice of fresh fruit, vegetables & dip, and assorted milk

MENU SUBJECT TO CHANGE