



## Quest Food Management Services Food Philosophy

We're proud to serve British International School of Chicago, South Loop! We're passionate about food and believe in wholesome, nutritious ingredients. That's why we're committed to using items that are healthier for both our bodies and planet. We do this by:

- Writing menus that feature seasonal and regionally available ingredients.
- Sourcing from local farmers and small producers, and by participating in year-round community sourced agriculture programs.
- Serving sensible portions of animal proteins.
- Offering a variety of vegetarian, vegan and gluten-free options.
- Purchasing sustainable seafood that follows the Monterey Bay Aquarium's Seafood Watch program recommendations.
- Sourcing milk that is local and free of added growth hormones.
- Offering a variety of whole grain breads, pastas and cereals.
- Using trans-fat free oils, including non-GMO soy oil, that are produced in a green facility in Michigan.
- Never using MSG.
- Offering organic, shade grown, fair trade and Rainforest Alliance coffees and teas.
- Accommodating nutritional and dietary requests. Just let us know!

By purchasing with these standards in mind, and preparing items so that they will be as fresh as possible when served, we support local agriculture, increase nutrition and intensify flavor.



# Sample Menu

We focus on made-from-scratch cooking with healthy and well-balanced meal offerings. There are multiple options available each day and each includes unlimited access to the fruit and vegetable bar.

Monday	Tuesday	Wednesday	Thursday	Friday
30 <b>Memorial Day - No School</b>	31 Garden Salad Herb Baked Chicken Sandwich Pizza Cheese 8 Cut Pizza Pepperoni 8 Cut Sweet Potatoes	1 Pasta Alfredo Shrimp Alfredo Seasonal Roasted Vegetables	2 Sloppy Joe Tempo Sloppy Joe Roasted Carrots	3 Black Bean Veggie Burger Cheese Burger Chicago Style Hot Dog Mixed Vegetables, Normandy Potato Wedges
6 Chicken Parmesan with Pasta Spaghetti and Marinara Sauce Vegetarian Pasta Primavera Mixed Vegetables, Normandy Whole Wheat Roll	7 Garlic Beef With Broccoli Stir-Fry Sweet Potato & Broccoli Stir Fry Over Brown Rice Steamed Brown Rice	8 Chicken Adobo Fajita Roasted Vegetables Pinto Beans Steamed Brown Rice Pico De Gallo	9 Italian Beef Sandwich Pepper and Egg Sandwich Seasonal Roasted Vegetables	10 Pasta Primavera Penne with Meat Sauce Fresh Steamed Green Beans Garlic Bread Green Beans
13 General Tso's Chicken Sweet Chili Tofu Broccoli Steamed Brown Rice	14 Chipotle Chicken Burrito Vegetable Burrito Cilantro Lime Rice - Whole Grain Spanish Rice	15 Bacon Macaroni and Cheese Macaroni and Cheese Carrots, Baby (1/2 Cup) Garlic Bread Garlic Bread Stick Roasted Carrots	16 Chicken Teriyaki Lo Mein Sweet Potato Teriyaki Lo Mein Roasted Cabbage	17 Garden Salad Herb Baked Chicken Sandwich Pizza Cheese 8 Cut Pizza Pepperoni 8 Cut Sweet Potatoes
20 Roasted Cauliflower Spaghetti and Italian Sausage Spaghetti and Marinara Sauce Roasted Cauliflower	21 Bachacoa Beef Tacos Refried Beans Vegetable Tacos Cilantro Lime Rice - Whole Grain Cilantro Rice Pinto Beans	22 Bahn Mi Sandwich Tofu Bahn Mi Broccoli Cauliflower Florets (1/2 Cup)	23 Bi Bim Bap (Korean Rice Bowl) Gingered Dal (lentils) over Basmati Rice Pilaf Broccoli	24 Chicken Pot Pie Garbanzo Beans Garlic Mashed Potato Mixed Vegetables, Normandy
27 Chicken Fajitas Refried Beans Fajita Roasted Vegetables Mexican-Style Corn Pinto Beans Steamed Brown Rice	28 Beef Bourguignon Pesto Gnocchi Fresh Steamed Green Beans Garlic Mashed Potato Whole Wheat Roll	29 Quesadilla - Chicken Quesadilla - Vegetable Cilantro Lime Rice Cilantro Lime Rice - Whole Grain Pico De Gallo	30 Garden Salad Herb Baked Chicken Sandwich Pizza Cheese 8 Cut Pizza Pepperoni 8 Cut Sweet Potatoes	1 Sushi - California Roll Sushi - Mixed Vegetable Roll Beans, Green Fresh Steamed Green Beans Steamed Edamame