

October

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chessy Broccoli Soup Pepperoni Pizza Cheese Pizza Vegetarian Pizza Green Beans	2 Tomato Basil Soup Chicken Garlic Parmesan Lentil Nuggets Mashed Sweet Potatoes Steamed Cauliflower
5 Leek and Potato Soup Beef Chili Lentil and Vegetable Chili Brown Rice Quinoa Blend Broccoli Cauliflower Mix	6 Vegetable Tortilla Soup Mojo Pork Mojo Portobello Seasoned Black Beans Platanos Maduros Fritos Sautéed Spinach	7 Vegetable Miso Soup Teriyaki Chicken Teriyaki Tofu Steamed Edamame Sautéed Bok Choy	8 Kale and White Bean Soup Cheese Tortellini with Marinara Sauce Pasta w/ Arugula & Roasted Tomatoes Spring Vegetable Medley	9 Curried Lentil Soup Chicken Tikka Masala Sweet Potato Chana Masala Basmati Rice Petit Peas with Carrots
12 CLOSED	13 Tuscan White Bean Soup Baked Ziti Penne Pasta with Broccoli Tomato and Cilantro Rice Garlic Bread	14 Vegetable Tortilla Soup Chicken Tinga Chipotle Roasted Tofu Parslied Rice Roasted Cauliflower	15 Black Bean Chili Baked Salmon Mojo Portobello Chimichurri Sauce Roasted Potato Wedges Glazed Carrots	16 Cream of Broccoli Soup Pepperoni Pizza Cheese Pizza Roasted Vegetable Pizza Broccoli & Carrots
19 Curried Lentil Soup Mediterranean Chicken Gyro Falafel Tomato Rice Sautéed Green Beans	20 Corn Chowder BBQ Beef BBQ Cauliflower Honey Roasted Carrots Homemade Cornbread	21 Roasted Cauliflower Soup Jerk Chicken Jerk Tofu Brown Rice Pilaf Roasted Brussels Sprouts	22 Italian Wedding Soup Pasta with Turkey Bolognese Penne Pasta with Mushroom Bolognese Charred Lemon Broccoli Garlic Bread	23 Black Bean Soup Chicken Quesadilla Black Bean & Sweet Potato Quesadilla Mexican Fiesta Rice Steamed Cauliflower
26 Three Bean Soup Chicken Marsala Tofu Marsala Mashed Potatoes Sautéed Spinach	27 Mushroom Soup Baked Ziti Bowtie Pasta Homemade Pesto Fresh Roasted Broccoli	28 Split Pea Soup Cheeseburger Hamburger Black Bean Burger Roasted Parmesan Potato Wedges Roasted Carrots	29 Egg Drop Soup Honey Miso Chicken Miso Honey Tofu Edamame Steamed Jasmine Rice	30 Tomato Bisque Sand Grilled Turkey & Cheese on Wheat Grilled Cheese Grilled Vegetable Panini Roasted Cauliflower