October

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Beef Chili Vegetable Chili Whole Corn Fiesta Rice	**2** Grilled Cheese Ham & Cheese Panini Fresh Roasted Cauliflower Tomato Basil Soup
5 Cheese Tortellini with Marinara Rotini Pasta Roasted Brussel Sprouts Autmn Root Vegetables	**6** Mojo Pork Mojo Tofu Fried Sweet Plantains Sauteed Spinach	**7** Chicken Lo Mein Steamed Edamame Vegetable Lo Mein Steamed Edamame	**8** Chicken & Rice Taco Meat Tempah Chili Roasted Zucchini & Yellow Squash	**9** Chicken Tikka Masala Curry Potatoes Grilled Naan Bread Basmati Rice
12 Chicken Tinga Chipotle Roasted Tofu Black Beans Cilantro Lime Rice	**13** Baked Ziti Garlic Rosemary Potatoes	**14** Teriyaki Salmon Teriyaki Tofu Baby Bok Choy Jasmine Rice	**15** Chicken Fajita Vegetable Fajita Roasted Corn	**16** Beef Hamburger Beef Cheeseburger Vegetable Burger Glazed Carrots Oven Roasted Potatoes
19 Chicken Gyro with Tzatziki Falafel Sauteed Green Beans Steamed Rice	**20** Beef Chili Vegetable Chili Baked Potato Roasted Broccoli	**21** BBQ Chicken BBQ Tofu Roasted Potatoes Roasted Cauliflower	**22** Bowtie Pasta with Beef Bolognese Penne Pasta with Mushroom Bolognese Garlic Bread Chili Roasted Zucchini & Yellow Squash	**23** Chicken Tinga Quesadilla Black Bean & Sweet Potato Quesadilla Roasted Corn Fiesta Rice
26 Spaghetti with Alfredo or Marinara Focaccia Bread Sauteed Spinach	**27** Chicken Fajitas Roasted Vegetable Fajitas Spanish Rice Black Beans	**28** Flank Steak with Chimichurri Sauce Roasted Cauliflower Steak with Chimichurri Sauce Sweet & Spicy Green Beans Lemon Orzo Autumn Vegetable Medley	**29** Honey Miso Chicken Short Grain White Rice Miso Honey Tofu Steamed Edamame	**30** Beef Hamburger Beef Cheeseburger Vegetable Burger Glazed Carrots Oven Roasted Potatoes