October

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Alfredo Bowtie Pasta Fusilli with Peas & Broccoli Honey Roasted Carrots Garlic Bread	**2** Grilled Cheese Vegetable Panini Roasted Potatoes Roasted Cauliflower
5 Mojo Chicken Mojo Portobello Sauteed Spinach Fried Sweet Plantains	**6** Cheese Tortellini with Tomato Cream Sauce Penne with Roasted Vegetables Roasted Brussel Sprouts Rosemary Focaccia	**7** Teriyaki Chicken Teriyaki Tofu Steamed Edamame Fried Vegetable Rice	**8** Beef Chili Lentil & Vegetable Chili Brown Rice Quinoa Sauteed Broccoli	**9** Chicken Tikka Masala Sweet Potato Masala Chana Green Peas with Carrots Basmati Rice
12 Chicken Tinga Roasted Corn with Confetti Pepper Tomato & Cilantro Rice Roasted Chipotle Tofu	**13** Baked Ziti Penne with Broccoli Sauteed Kale & Spinach Garlic Bread	**14** Baked Salmon with Roma Sauce Roasted Cauliflower Steak with Roma Sauce Roasted Carrot Roasted Yukon Rosemary Potatoes	**15** Homemade Chicken Tenders Lentil Nuggets Corn on the Cob Lemon Garlic Green Beans	**16** Cheese Pizza Pepperoni Pizza Spinach Ricotta Pizza Sauteed Broccoli
19 Chicken Gyro with Tzatziki Quinoa Tabbouleh Pita Bread Grilled Vegetable Pita	**20** BBQ Flank Steak BBQ Cauliflower Steak Cornbread Honey Roasted Carrots	**21** Jerk Chicken Jerk Tofu Roasted Brussel Sprouts Brown Rice Pilaf	**22** Bowtie Pasta with Beef Bolognese Lentil Bolognese Tomato Focaccia Lemon Charred Broccoli	**23** Cheese Quesadilla Black Bean & Sweet Potato Quesadilla Steamed Cauliflower Fresh Guacamole
26 Chicken Marsala Tofu Marsala Egg Noodles Roasted Brussel Sprouts	**27** Macaroni & Cheese Penne with Arugula & Tomatoes Steamed Broccoli Focaccia	**28** Flank Steak with Chimichurri Sauce Roasted Cauliflower Steak with Chimichurri Sauce Garlic Green Beans Roasted Garlic Potatoes	**29** Honey Miso Chicken Short Grain White Rice Miso Honey Tofu Steamed Edamame	**30** Hamburger Cheeseburger Black Bean Burger Roasted Carrots Roasted Potato Wedges