

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 Sautéed 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 Sautéed 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 Sautéed 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 Sautéed 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