

October

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Ground Beef with Taco Seasoning Black Bean Enchilada Steamed Zucchini Fiesta Rice	2 Grilled Cheese Vegetable Panini Creamed Spinach Roasted Carrots
5 Rotini Pasta Stewed Eggplant & Tomato Rosemary Focaccia Sauteed Kale & Spinach Roasted Brussel Sprouts	6 BBQ Pork Loin Balsamic Grilled Portobello Red Bliss Roasted Potatoes Sauteed Spinach	7 Ground Beef Chili Lentil & Vegetable Chili Steamed Broccoli & Cauliflower White Rice	8 Beef Hotdog Fried Falafel Roasted Wedge Potato Chili Roasted Squash & Zucchini	9 Chicken Tikka Masala Curry Potatoes Grilled Naan Bread Basmati Rice
12 Homemade Chicken Tenders Falafel Pasta with Arugula & Roasted Tomato Fresh Roasted Green Beans	13 Baked Ziti Garlic Rosemary Potatoes Garlic Bread	14 Macaroni & Cheese Fusili with Peas & Broccoli Glazed Carrots	15 Chicken Tinga Chipotle Roasted Tofu Corn Roasted with Confetti Pepper Cilantro Lime Rice	16 Cheese Pizza Pepperoni Pizza White Spinach & Artichoke Pizza Fresh Broccoli with Lemon Garlic Oil
19 Pasta with Beef Bolognese Penne Pasta with Mushroom Bolognese Sauteed Broccoli Rosemary Focaccia	20 BBQ Beef BBQ Cauliflower Oven Roasted Red Bliss Potatoes Sauteed Squash & Zucchini Homemade Cornbread	21 Jerk Chicken Jerk Tofu Rice with Pigeon Peas Cabbage	22 Chicken Souvlaki Falafel Sauteed Green Beans Toasted Lemon Orzo	23 Mojo Pork Black Bean & Sweet Potato Quesadilla Cilantro Lime Rice Taqueria Roasted Corn
26 Cheese Tortellini Tomatoes & Chickpeas Penne Garlic Bread	27 Pasta with Alfredo or Marinara Sauce Italian Penne Pasta with Vegetables Sauteed Spinach Focaccia Bread	28 Chicken Fajitas Roasted Vegetable Fajitas Spanish Rice Steamed Green Beans	29 Chipotle Pork Tenderloin Herb Roasted Cauliflower Steak Chipotle Roasted Potatoes Autumn Vegetable Medley	30 Honey Miso Chicken Short Grain White Rice Miso Honey Tofu Steamed Edamame