

Thursday, October 1st

- Baked Fish
- Herbed Beans
- Broccoli Salad
- Whole Grain Pasta

Friday, October 2nd

- BBQ Chicken
- Collard Green
- Coleslaw
- Macaroni & Cheese

Monday, October 5th

- Vegetarian Chili
- Broccoli
- Mixed Salad
- Quinoa Pilaf

Tuesday, October 6th

- Jamaican Chicken
- Pineapple Coleslaw
- Sweet Potato
- Brown Rice

Wednesday, October 7th

- Potato Crusted Pollock
- Mushroom Soup
- Herbed Lentils
- Orange

Thursday, October 8th

- Turkey Meatloaf
- Corn
- Salad w/ Mandarins
- Whole Grain Bread

Friday, October 9th

- Asian Beef Stir-Fry
- Romaine Salad
- Hot & Sour Soup
- Pineapple Brown Rice

Monday, October 12th

- Tuna Salad
- Herbed Potato Salad
- Coleslaw
- Apple

Tuesday, October 13th

- Turkey Linguine
- Broccoli
- Chopped Salad
- Fruit

Wednesday, October 14th

- Tandoori Chicken
- Peas & Corn
- Spinach Salad
- Wild Rice Pilaf

Thursday, October 15th

- Beef Fajitas
- Pinto Beans
- Spring Salad
- Whole Grain Tortilla

Friday, October 16th

- Greek Chicken Breast
- Roasted Carrots w/ Herbs
- Dill Cucumber Salad
- Quinoa

Monday, October 19th

- Turkey Enchilada
- Cooked Beans
- Mesclun Salad
- Spanish Brown Rice

Tuesday, October 20th

- Beef Meatloaf
- Rosemary Mashed Potatoes
- Green Beans w/ Herbs
- Whole Grain Roll

Wednesday, October 21st

- Baked Fish Jambalaya
- Carrots
- Broccoli Slaw
- Brown Rice Pilaf

Thursday, October 22nd

- BBQ Pulled Chicken
- Oven Roasted Brussel Sprouts
- Chopped Salad
- Whole Grain Roll

Friday, October 23rd

- Chickpea Curry
- Sweet Potato
- Spinach Salad
- Whole Grain Couscous

Monday, October 26th

- Beef Bolognese
- Herbed Zucchini & Squash
- Caesar Salad
- Penne Pasta

Tuesday, October 27th

- Baked Salmon w/ Chili Sauce
- Oven Roasted Carrots
- Cauliflower w/ Herbs
- Leek Soup

Wednesday, October 28th

- Oven Fried Chicken
- Baked Beans
- Spinach Salad
- Whole Grain Stuffing

Thursday, October 29th

- Korean BBQ Beef
- Steamed Broccoli
- Dill Cucumber Salad
- Brown Rice Pilaf

Friday, October 30th

- Turkey Stuffed Pepper
- Green Peas w/ Onions
- Romaine Salad
- Barley

▪ Menu subject to change
▪ \$3 suggested donation

