

October

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Beef Flank Steak Roasted Fajita Vegetables Button Mushrooms Homemade Guacamole Jasmine Rice Tomato Salsa	2 Grilled Cheese Vegetable Panini French Fries Cajun Green Beans
5 Beef Chili Vegetable Chili Steamed Broccoli & Cauliflower Fresh Roasted Carrots Jasmine Rice	6 Baked Ziti Penne with Roasted Vegetables Garlic Bread	7 Beef Hotdog Black Bean Burger Roasted Oven Potatoes Sauteed Spinach	8 Mojo Chicken Mojo Portobello Sauteed Broccoli Jasmine Rice	9 Pepperoni Pizza Cheese Pizza Steamed Green Beans & Carrots Roasted Potatoes
12 BBQ Chicken BBQ Tofu Jasmine Rice Steamed Green Beans & Carrots	13 Penne Pomodoro Penne with Arugula & Tomato Sauteed Kale & Spinach Garlic Bread	14 Flank Steak with Chimichurri Sauce Mojo Portobello Yukon Potatoes Glazed Carrots Sauteed Zucchini	15 Chicken Tinga Chipotle Tofu Jasmine Rice Tortilla Chips Tomato Salsa Homemade Guacamole	16 Homemade Chicken Tenders Fried Cauliflower Roasted Potatoes Sauteed Broccoli
19 Macaroni & Cheese Penne with Roasted Vegetables Sauteed Green Beans Garlic Bread	20 Chicken Tikka Masala Sweet Potato Masala Chana Jasmine Rice Roasted Brussel Sprouts	21 Bowtie Pasta with Beef Bolognese Penne Pasta with Mushroom Bolognese Focaccia Maple Glazed Carrots	22 Beef Hotdog Black Bean Burger Roasted Potatoes Lemon Broccoli	23 Chicken Adobo Honey Miso Tofu Jasmine Rice Steamed Cauliflower
26 Chicken Marsala Herb Roasted Cauliflower Steak Spaghetti Honey Rainbow Carrots Sauteed Spinach	27 Grilled Cheese Vegetable Panini Rosemary Garlic Potatoes Steamed Asparagus	28 Flank Steak with Chimichurri Sauce Mojo Tofu Sweet & Spicy Green Beans Jasmine Rice	29 Penne Pomodoro Penne with Roasted Vegetables Sauteed Broccoli Garlic Bread	30 Beef Hamburger Beef Cheeseburger Vegetable Burger Glazed Carrots Oven Roasted Potatoes