



## Monday

October 14, 2019

Soups	Garden Vegetable Soup <b>VEGETARIAN</b>
	Pork Posole
Entrées	Teriyaki Tofu, Steamed Brown Rice w/ Stir-Fried Vegetables
	Beer Battered Cod with Tartar Sauce
	Cheese Enchiladas
Sides	Steamed Brown Rice, Stir-Fry Vegetables, French Fries, Roasted Squash Medley

## Tuesday

October 15, 2019

Soups	Lentil Vegetable Soup <b>VEGETARIAN</b>
	Vietamese Chiken Noodle Soup
Entrées	Rutabaga & Beef Stew with Pita Bread
	Braised BBQ Brisket
	<b>Impossible Burgers</b> (lettuce, tomato, and caramelized onions) <b>VEGETARIAN</b>
Sides	Pita Bread, Roasted Red Potatoes, Seasonal Vegetables, Steamed Vegetable Medley.



## Wednesday

October 16, 2019

Soups	Thai Curried Seafood Stew ( <b>Shellfish!</b> )
	Farmhouse Vegetable Barley Soup <b>VEGETARIAN</b>
Entrées	Chicken & Brown Rice Burritos with Steamed Broccoli
	Braised Chicken Thighs with Mushrooms
	Cavatappi Pasta with Artichoke Hearts in a Sundried Tomato Cream Sauce <b>VEGETARIAN</b>
Sides	Steamed Brown Rice, Steamed Basmati Rice, Chef's Vegetable, Brussels Sprouts.



## Thursday

October 17, 2019

Soups	Szechuan Chicken Soup
	Butternut Squash <b>VEGETARIAN</b>
Entrées	Whole Wheat Penne Pasta with Turkey Bolognese Sauce
	Swedish Meatballs with Egg Noodles
	Thai Curried Tofu <b>VEGETARIAN</b>
Sides	Steamed Basmati Rice, Garlic Bread, Steamed Vegetable Medley, Roasted Vegetables.



## Friday

October 18, 2019

Soups	Creamy Mushroom & Roasted Garlic <b>VEGETARIAN</b>
	Manhattan Clam Chowder ( <b>Shellfish!</b> )
Entrées	Chicken Breast Marengo with Quinoa Pilaf and Fresh Seasonal Vegetables
	Cochinita Pibil with Pickled Red Onions (anchiote marinated pork)
	Cilantro-Marinated Chicken Breast with Avocado Drizzle
Sides	Quinoa Pilaf, Mountain Red Rice Pilaf, Broccoli Florets, Vegetable Medley.



**VEGETARIAN** Does not contain meat, fish or fowl; may contain dairy & eggs.

**SPICY** Seasoned with or containing spice.