

# October 2021

From our Grill:

Hamburgers

Cheeseburger

Grilled Cheese

Beef Cheesesteaks

Black Bean Burger

We are working hard on getting more products in for our grill station, so more to come soon!

## MONDAY

**4** MEATLESS MONDAY

Pierogis  
Broccoli Orzo  
Carrots  
Peas

**11** MEATLESS MONDAY

Pasta Bar  
Marinara or Alfredo  
Garlic Spinach  
Garlic Knot

**18** MEATLESS MONDAY

Cheese Ravioli  
Pasta Primavera  
Broccoli  
Carrots

**25** MEATLESS MONDAY

Cheese Tortellini  
Vegan Tortellini  
Broccoli  
Garlic Bread

Menu Subject to  
Change Based on  
Availability

## TUESDAY

**5**

Tandoori Chicken  
Rice Pilaf  
Mixed Vegetables  
Cauliflower

**12** TRY IT TUESDAY

Chicken Parmesan  
Eggplant Parmesan  
Farfalle  
Broccoli

**19**

Herbed Chicken Breast  
Cherry Tomato, Goat  
Cheese Flatbread  
Rice  
Peas

**26**

Chicken Patty Sandwich  
Veggie Burger  
Onion Rings  
Carrots

## WEDNESDAY

**6**

Monte Cristo  
Autumn Quinoa  
Sweet Potatoes  
Green Beans

**13**

Grilled Cheese  
Tomato Soup  
Cous Cous  
Carrots

**20**

Meatloaf  
Stuffed Portobello  
Cous Cous  
Brussel Sprouts

**27**

Swedish Meatballs  
Vegan Meatballs  
Egg Noodles  
Cheesy Broccoli

## THURSDAY

**7**

Pulled Beef Brisket  
Root Vegetable Stew  
Red Potatoes  
Asparagus

**14**

Thai Curry Chicken  
Thai Curry Tofu  
Rice  
Cauliflower

**21**

Roasted Turkey  
Lentil Provencal  
Mashed Potatoes  
Garlic Green Beans

**28**

All Beef Hot Dogs  
Veggie Burgers  
Crinkle Fries  
Roasted Veggies

## FRIDAY

**8**

Beef Tacos  
Veggie & Bean  
Tacos  
Rice  
Corn

**15**

Burger Bar  
Beef or Veggie  
Shoestring Fries  
Green Beans

**22**

Chicken Nuggets  
Mac & Cheese  
Crinkle Fries  
Mixed Veggies

**29**

Breakfast for Lunch  
Scrambled Eggs  
French Toast Sticks  
Seasoned Potatoes  
Turkey Sausage