



MENU FOR OCTOBER – 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Spaghetti and Beef Meatballs Vegetable Medley Soup: Carrots Veg.: Spaghetti Primavera	Baked Fish Fillet in Tomato Sauce (Chicken Optional) Jasmine Rice w/ Carrot Confetti Black Beans Soup: Green Split Peas Veg.: Zucchini Fritters	Beef Stir Fry Yellow Rice w/ Peas Lentils Soup: Chicken Stew Veg.: Black Bean Burritos	Chef Nidia's Pizza with Veggies, Ham, Pepperoni and Cheese Carrot Stick Soup: Lentils Veg.: Veggie Pizza	Baked Chicken Fingers, Macaroni and Cheese, Mixed Vegetables Soup: Squash Veg.: Veggie Chicken Fingers
8	9	10	11	12
Lasagna with Bolognese Sauce Steamed Carrots Soup: Mixed Vegetables Veg.: Veggie Lasagna	Chicken Thighs and Legs Stew Fettuccini al Olio Broccoli Soup: Yellow Split Peas Veg.: Lentil Meatballs Stew	Roasted Turkey Breast, (Gravy Sauce on the Side) Mashed Potato, Green Beans Soup: Carrots Veg.: Quinoa and Veggie Patty	Roasted Beef Fillet Jasmine Rice, Peas Soup: Mixed Vegetables Veg.: Mushrooms/Tofu	Ground Turkey Bolognese Penne Pasta Primavera Mixed Vegetables Soup: Squash Veg.: Vegetarian Chicken Fingers
15	16	17	18	19
Pulled Chicken BBQ Sliders Baked Potato Fries, Broccoli Florets Soup: Mixed Vegetables Veg.: Ground Tofu BBQ Sliders	Stir Fry Beef Oriental Style Rice and Pigeon Peas (Optional Plain Rice) Sweet Plantains Soup: Chicken Sancocho Veg.: Ratatouille	Chicken Pesto & Fettuccini Mixed Vegetables Soup: Minestrone Veg.: Fettucini al Pesto	Steamed Fish Fillet, (Grilled Chicken Optional) Jasmine Rice, Carrots Soup: Lentils Veg.: Curried Chick Peas	Artisanal Pizza: Ham, Pineapple, Mushrooms, Margherita, Pepperoni, Veggies Served with Carrot Sticks Soup: Lentils with Green Plantains Veg.: Pizza Primavera
22	23	24	25	26
Ham and Cheese Croissants Sweet Potato Baked Fries Soup: Lentils Veg.: Grilled Cheese Croissants	Spaghetti & Turkey Meatballs Roasted Squash Soup: Lentils Veg.: Spaghetti w/ Pomodoro	Steamed Herbed Fish (Chicken Breast Optional) Roasted Rosemary Potatoes Sliced Carrots Soup: Chicken Noodles Veg.: Eggplant Milanese	Teriyaki Style Chicken Breasts Jasmine Rice Sautéed Veggies Soup: Wanton Veg.: Vegetable Chow Mein	Grass Fed Beef Burgers Tomato, Lettuce, Cheese Baked Waffle Fries Soup: Vegetables Veg.: Bean Burgers
29	30	31		
TEACHER PLANNING DAY NO SCHOOL	Beef Stew w/Carrots Roasted Potatoes Sautéed Peas Soup: Roasted Corn Veg.: Mushroom Stew	Roasted Turkey Breasts Sandwich Primavera Rice (optional), Steamed Broccoli Soup: Carrots Veg.: Curried Chickpea Balls		