

October

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Corn & Black Bean Soup Birria Beef Taco Roasted Veg Fajita Fiesta Rice	2 Tomato Basil soup Turkey Bacon Grilled Cheese Grilled Cheese Roasted Cauliflower Potato Wedges
5 Roasted Cauliflower soup Cheese tortellini w/ marinara Pasta w/ marina Brussel sprouts Garlic bread	6 Chicken and veg soup Mojo boneless pork Mojo Portobello Black beans and rice Plantain	7 Curried lentil soup Tiki chicken masala Indian curried potatoes Basmati rice Grilled naan	8 White bean and kale soup Pollock parm crusted Chili lentils w/e veg Roasted broccoli Mashed potatoes	9 Cream of mushroom soup Hamburger Veggie burger Parmesan potato wedges Roasted zucchini
1 2 School Closed	1 3 Italian Wedding Soup Baked Ziti Vegetable Medley Roasted Green Beans Garlic Bread	1 4 Lentil soup Chicken tenders Grilled tofu Roasted Zucchini Corn on the cob	1 5 Chicken noodle soup Baked salmon Vegetarian chili Glazed carrots Roasted potatoes	1 6 Minestrone Pepperoni pizza Cheese pizza Sauteed broccol
1 9 Italian wedding soup Pasta w/ bolognese Pasta w/ mushroom bolognese Garlic bread Lemon charred broccolini	2 0 Broccoli cheddar soup Jerked chicken leg Jerked tofu Rice and red beans Sauteed squash and zucchini	2 1 Corn chowder soup Beef stew Bbq cauliflower steak Roasted Brussel sprouts Corn bread	2 2 Curried lentil soup Chicken gyro Vegetable kebab Sauté green bean Rice with parsley	2 3 Chicken enchilada soup Cheese quesadilla Vegetable quesadilla Mexicali corn Fiesta rice
2 6 Split pea soup Chicken tenders Herb crusted cauliflower steak Green beans Lemon orzo	2 7 Italian Farro Soup Pasta w/ Marinara Pasta w/ Alfredo sauce Focaccia Bread Brussel w/ balsamic glaze	2 8 Hot and sour soup Miso honey chicken leg Miso baked tofu Steamed edamame Jasmine rice	2 9 Butternut squash soup Chicken curry stew Tofu, cauliflower chickpea curry Pita Sauté cabbage Basmati rice	3 0 Chicken and wild rice soup Hamburger Vegetable burger Roasted carrots Potato wedges

Menus are subject to change, for the most up to date menus please view the daily menu on tenkites