

OCTOBER

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Beef Lasagna Pasta with Basil Pesto Roasted Zucchini Caesar Salad	2 Teriyaki Salmon Teriyaki Tofu Jasmine Rice Sauteed Bok Choy Roasted Carrots, Cauliflower, Broccoli, Zucchini
5 Pasta with Vodka Sauce and Chicken Pasta with Roasted Vegetables Roasted Mixed Vegetables Garlic Bread	6 Teriyaki Beef Teriyaki Tofu Jasmine Rice Roasted Broccoli Sauteed Bok Choy	7 Beef Chili Fajita Vegetables Roasted Corn Salsa Guacamole Sour Cream Tortilla Chips	8 Chicken Milanese Eggplant Milanese Buttered Pasta Sauteed String Beans Arugula Salad with Lemon Vinaigrette	9 Mediterranean Chicken Falafel Yellow Rice Hummus Tzatziki Sauce Pita Chips
12 Spaghetti and Meatballs Baked Ziti Caesar Salad Garlic Bread	13 Cheeseburger Hamburger Black Bean Burger Roasted Carrots Roasted Parmesan Potato Wedges	14 Cheese Pizza Pepperoni Pizza Garden Fresh Pizza Roasted Broccoli Caesar Salad	15 Chicken Parmesan Eggplant Parmesan Pasta with Marinara Sauce Roasted Broccoli	16 Chicken Tenders French Fries Buffalo Cauliflower with Parmesan Cheese Roasted Carrots
19 Baked Ziti Pesto Pasta with Roasted Vegetables Sauteed Green Beans with Lemon Garlic Bread	20 Chicken Cutlet Sandwich Portobello Mushroom Sandwich Roasted Potato Wedges Tomato and Cucumber Salad	21 Adobo Chicken Tacos Fajita Vegetables Roasted Corn Salsa Guacamole Sour Cream Fiesta Rice	22 Sweet and Sour Chicken Sweet and Sour Tofu Jasmine Rice Vegetable Lo Mein Sauteed Bok Choy Roasted Carrots, Cauliflower, Broccoli	23 Chicken Quesadilla Cheese Quesadilla Roasted Corn Salsa Guacamole Sour Cream Fiesta Rice
26 Mac and Cheese Baked Ziti Sauteed Green Beans Garlic Bread	27 Chicken Nuggets Lentil Nuggets French Fries Tomato and Cucumber Salad	28 Carnitas Bowl Chipotle Tofu Roasted Corn Salsa Guacamole Sour Cream Fiesta Rice	29 Classic Grilled Cheese Grilled Cheese with Bacon Creamy Tomato Basil Soup Caesar Salad	30 Chicken / Beef Burrito Bean and Cheese Burrito Roasted Corn Salsa Guacamole Sour Cream Tortilla Chips

Gluten Free Options Available

ELIOR NORTH AMERICA