NOVEMBER

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Grilled Chicken Lentil Nuggets Tomato Stuffed Spinach Sweet Potatoes Mashed	**3** Beef Meatballs Penne Pasta “Meatballs” Cauliflower & Quinoa Garlic Swiss Chard	**4** General Tso Chicken Plain Lo Mein Noodles Sweet Chili Tofu Broccoli with Garlic Oil	**5** No Classes	**6** No Classes
9 Indian Style Cauliflower Butter Chicken Potato Curry Basmati Rice Naan Bread	**10** Mojo Pork Mojo Portobello Black Beans Sweet Plantain Sauteed Spinach White Rice	**11** Beef Chili Lentil Chili Quinoa & Brown Rice Broccoli & Cauliflower	**12** Ground Turkey Taco Meat Tempeh Mexican Yellow Rice Roasted Squash & Zucchini	**13** Maple Glazed Beets French Fries BBQ Meatloaf Lentil Veggie Meatloaf
16 Chicken Tinga Chipotle Tofu Black Beans Cilantro Lime Rice	**17** Baked Ziti Garlic Bread Sauteed Kale & Spinach Vegetable Medley	**18** Baked Salmon Mojo Portobello Glazed Carrots Chimichurri Sauce Roasted Potatoes	**19** **Thanksgiving Menu** Roasted Butternut Squash Garlic Mashed Potatoes Cranberry Sauce Herbed Stuffing Roasted Turkey & Gravy	**20** Pepperoni Pizza Cheese Pizza Sauteed Broccoli
23 Thanksgiving Week	**24** Thanksgiving Week	**25** Thanksgiving Week	**26** Thanksgiving Week	**27** Thanksgiving Week
30 Spaghetti Alfredo Sauce Marinara Sauce Focaccia Bread Sauteed Spinach	**1**	**2**	**3**	**4**

Gluten-Free & Vegan Options are always available.

ELIOR NORTH AMERICA