

October

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Beef Flank Steak Fajita Vegetable Fajita Black Beans Corn On the Cob Fiesta Rice	2 Tomato Basil Soup Grilled Cheese Jerk Rst Cauliflower French Fries
5 Pasta Rotini Plain Tortellini Cheese with Marinara Brussel Sprouts Vegetable Autum Roasted	6 Rice & Beans Pork Butt Boness Mojo Portobello Mojo Sweet Plantains Sauteed Spinach	7 Beef Chili Lentil Chili Broccoli & Cauliflower Quinoa Brown Rice	8 Turkey Taco On Hard Shell Tempeh Taco Mexican Yellow Rice Yellow Squash & Roasted Zucchini	9 Chicken Tikka Masala Naan Bread Curry Indian Potato Basmati Rice
12 Columbus Day	13 Bakes Ziti Pasta Garlic Bread Sauteed Spinach & Kale Vegetable Medley Autumn	14 Baked Salmon Portobello Mojo Glazed Carrots Chimichurri Sauce Yukon Roasted Potatoes	15 Chicken Tenders Grilled Tempeh Green Beans Corn on the Cob	16 Pepperoni Pizza Cheese Pizza Sauteed Broccoli
19 Chicken Gyro Sauteed Green Beans Parsley Rice Vegetable Roasted Harvest	20 Flank Steak BBQ Cauliflower Steak Cornbread Garlic Mashed Potato Sauteed Zucchini and Squash	21 Jerk Chicken Jerk Tofu Rice and Pigeon Peas Cabbage	22 Pasta with Beef Bolognese Pasta with Mushroom Bolognese Garlic Bread Charred Broccolini	23 Chicken Tinga Quesadilla Black Bean and Sweet Potato Quesadilla Mexicali Roasted Cord Fiesta Rice
26 Marinara Sauce Spaghetti Alfredo Sauce Focaccia Bread Sauteed Spinach	27 Chicken Fajita Vegetable Fajita Black Beans Spanish Rice	28 Beef Kofta Falafel Green Beans Lemon Orzo	29 Chicken Miso Honey Tofu Miso Honey Steamed Edamame White Rice	30 Cheeseburger Black Bean Burger Roasted Carrots Roasted Potato Wedges

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