

# October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Beef Stroganoff Portobello Stroganoff 1 Buttered Egg Noodle Seasonal Vegetable	Beef Stroganoff Portobello Stroganoff 2 Buttered Egg Noodle Seasonal Vegetable	Souvlaki with Tzatziki Falafel 3 Yellow rice Pita Gyro Wrap	Souvlaki with Tzatziki Falafel 4 Yellow Rice Pita Gyro Wrap	Smoked Salmon Baked Pasta Cremini Mushroom and Spinach Baked Pasta 5
Smoked Salmon Baked pasta Cremini Mushroom and Spinach Baked Pasta 6	Sweet & Sour Chicken 7 Sweet & Sour Tofu Vegetable Fried Rice	Sweet & Sour Chicken 8 Sweet & Sour Tofu Vegetable Fried Rice	Baked Cod Piccata Chickpea and Sunflower Tempeh 9 Farro Pilaf Seasonal Vegetable	Baked Cod Piccata Chickpea and Sunflower Tempeh 10 Farro Pilaf Seasonal Vegetable	Turkey Meatloaf Vegetable Terrine 11 Mashed Potato Gravy	Turkey Meatloaf Vegetable Terrine 12 Mashed Potato Gravy
Chicken Cacciatore Grilled Polenta 13 Seasonal Vegetables	Chicken Cacciatore Grilled Polenta 14 Seasonal Vegetables	Grilled Tri-Tip with Chimi-Churri sauce Herb Roasted Potatoes 15 Seasonal Vegetables	Grilled Tri-Tip with Chimi-Churri sauce Herb Roasted Potatoes Seasonal Vegetables 16	Bruschetta Chicken Bruschetta Portobello 17 Confetti Orzo Seasonal Vegetables	Bruschetta Chicken Bruschetta Portobello 18 Confetti Orzo Seasonal Vegetables	Turkey Stuffed Bell Peppers 19 Vegetable Stuffed Bell Peppers Roasted Garlic Mashed Potatoes Braised Greens
Turkey Stuffed Bell Peppers Vegetable Stuffed Bell Peppers Roasted Garlic Mashed Potatoes 20 Braised Greens	Terriyaki Pineapple Chicken Terriyaki Pineapple Tofu Basmati Rice Steamed Broccoli 21	Terriyaki Pineapple Chicken 22 Terriyaki Pineapple Tofu Basmati Rice Steamed Broccoli	Stuffed Pork loin Roulade 23 Butternut Squash Gratin Braised Garlic Kale Seasonal Vegetables	Stuffed Pork loin Roulade 24 Butternut Squash Gratin Braised Garlic Kale Seasonal Vegetables	Lasagna Bolognese Vegetable Lasagna with Bechamel 25 Garlic Bread Seasonal Vegetables	Lasagna Bolognese 26 Vegetable Lasagna with Bechamel Garlic Bread Seasonal Vegetables
Chicken Alfredo 27 Steamed Broccoli	Chicken Alfredo 28 Steamed Broccoli	Thai Chicken Curry 29 Thai Pumpkin Curry Steamed Rice Seasonal Vegetable	Thai Chicken Curry 30 Thai Pumpkin Curry Steamed Rice Seasonal Vegetable	Chicken Pot Pie 31 Sauteed Mushrooms with Garlic & Thyme Mashed Potatoes Seasonal Vegetables		