



October 2023

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	Entrees	**Sandwiches/Wraps, Soup/Salad	Snacks & Sides (available for a la carte purchase)
Mondays Oct 2 Oct 9 Oct 16 Oct 23 Oct 30	Roasted Garlic Chicken w/ Broccoli & Potatoes (DF,GF,NF) *Baked Chimichanga (NF) *Three Cheese Macaroni (NF)	*Veggie Lunch Wrap (DF,NF) *Broccoli and Cheese Chowder (NF)	*Spiced Oven Baked Potato Wedges (DF,GF,NF)
Tuesdays Oct 3 Oct 10 Oct 17 Oct 24 Oct 31	Oven Baked Chicken Strips (NF) Spaghetti Bolognese (NF, Vegetarian upon request) *Three Cheese Macaroni (NF)	BBQ Chicken Sliders (DF,NF) *Broccoli and Cheese Chowder (NF)	*Hummus & Pita (DF,NF)
Wednesdays Oct 4 Oct 11 Oct 18 Oct 25	Oven Baked Chicken Strips (NF) Chicken Alfredo Pasta (NF) California Roll (GF,DF,NF)	Mini Meatball Sliders (NF) *Savory Minestrone Soup (DF,NF)	*Oven Baked Sweet Potato Fries (DF,GF,NF)
Thursdays Oct 5 Oct 12 Oct 19 Oct 26	Chicken Adobo w/ Rice & Green Beans (DF,GF,NF) Spaghetti Bolognese (NF, Vegetarian upon request) Chicken Chow Mein (DF,NF, Vegetarian upon request)	Sweet Potato Chili Fries (NF) *Savory Minestrone Soup (DF,NF)	Overnight Oats (GF,NF)
Fridays Oct 6 Oct 13 Oct 20 Oct 27	Oven Baked Fish Sticks (NF) *Buttered Noodles (NF) Beef Stroganoff (NF)	Turkey Hero Sub (NF) Classic Chili (DF,GF,NF)	*Hummus & Pita (DF,NF)

* Indicates vegetarian item

** Whole Grain Bagel w/ Cream Cheese (nut free), Sunbutter & Raspberry Preserves (nut free & dairy free) ,
 Rice Crackers with Tuna Salad Spread (gluten free, nut free, & dairy free), and Cheese Quesadilla (nut free) available daily.

DF - Dairy Free, GF - Gluten Free, NF - Nut Free

Please note that while we do offer gluten-free and nut free items, our kitchen is not a gluten free or nut free facility.