

October

Dinner Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Pan Fried Spaetzle w/ Cabbage and Onions	Crispy Eggplant Parmesan Over Pasta Marinara	Roasted Butternut Squash Over Mashed Potatoes and Vegetables	Grilled Portabello w/ Heirloom Tomato Relish Over Summer Vegetable Pasta
7	8	9	10	11
Southern Fried Zucchini and Mushrooms w/ Mashed Potatoes, Biscuit and Vegetables	Veggie Fajitas w/ Handmade Tortillas Over Refried Beans and Spanish Rice	Teriyaki Tofu over Rice and Stir Fried Vegetables	Cornbread Stuffed Zucchini w/ Apple Sauce Over Mashed Potatoes And Vegetables	Portabello w/ Bleu Cheese Butter over Mashed Potatoes and Vegetables
14	15	16	17	18
Soy Ginger Marinated Tofu w/ Pineapple Salsa Over Rice and Broccoli	Medi Plate: Fresh Pita, Hummus, Falafel, Tabbouleh, Cucumber Feta Salad	Pan Fried Vegetable Chowmein	Loco Moco Portabello w/ Fried Egg, Gravy Over Rice and Broccoli	Bbq Tempeh Over Mashed Potatoes and Cheddar Broccoli
21	22	23	24	25
Classic Layered Italian Vegetable Lasagna	Lentil and Quinoa Loaf w/ Mashed Potatoes and Vegetables	Teriyaki Portabello w/ Rice and Stir Fried Vegetables	Italian Vegetable Fettuccine Alfredo	Crispy General Tso Tofu Over Rice and Broccoli
28	29	30	31	
Crispy Coconut Tofu Served over Rice and Asparagus	Verde Calabacitas Enchiladas w/ Pico De Gallo, Guacamole and Crema	Carolina Style Bbq Portabello w/ White Cheddar Mac and Cheese and Coleslaw	Teriyaki Tempeh w/ Pineapple Salsa Over Rice and Asparagus	

**gluten free

