

OCTOBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Huevos Rancheros Enchiladas Rancheros Enchiladas (V) Breakfast Potatoes (V) Steamed Greens (V)	2 Creamy Shepherd's Pie Vegan Shepherd's Pie(V) Lemon Pepper Broccoli(V) Garlic Bread(V) Brown Rice(V) Steamed Greens(V)	3 Moo Shoo Pork Moo Shoo Seitan (V) Sesame Broccoli (V) Fried Tortillas (V) Egg Rolls(V) Basmati Rice(V) Steamed Greens (V)	4 Chicken Tikka Masala Vegetable Curry (V) Indian Spiced Cauliflower (V) Samosas(V) White Basmati Rice(V) Steamed Greens(V)	5 BBQ Pulled Beef Corn Fritters (V) Baked Beans (V) Spicy Corn (V) Brown Rice (V) Steamed Greens (V)	6 Salisbury Steak Mushrooms Rockeller (V) Mashed Potatoes (V) Steamed Peas and Carrots(V) Garlic Bread (V) Brown Rice (V) Steamed Kale (V)	7 Cajun Beans & Rice (V) Andouille Sausage Breakfast Potatoes (V) Scrambled Eggs Steamed Greens (V)
8 Cajun Beans & Rice (V) Andouille Sausage Breakfast Potatoes (V) Scrambled Eggs Steamed Greens (V)	9 Garlic and Herb Crusted Tofu (V) Creamy Alfredo Lemon Pepper Broccoli(V) Garlic Bread(V) Brown Rice(V) Steamed Greens(V)	10 Thai Chicken (V) Thai Tofu (V) Lettuce Wraps (V) Fresh Veggie Toppings Egg Rolls Coconut Rice (V) Steamed Greens(V)	11 Chicken Makhani Daal Makhani(V) Curried Potatoes (V) Samosas (V) White Basmati Rice(V) Steamed Greens(V)	12 Spaghetti (V) Beef Meatballs Vegan Meatballs Garlic Bread (V) Brown Rice(V) Steamed Greens(V)	13 Nacho Bar with Fixings Mexican Spiced Beef Fajita Veggies (V) Vegan Queso (V) Steamed Kale(V) Cilantro Lime Rice(V)	14 Sausage Egg Bake Veggie Egg Bake Breakfast Potatoes (V) Breakfast Beans & Rice (V) Steamed Greens (V)
15 Sausage Egg Bake Veggie Egg Bake Breakfast Potatoes (V) Breakfast Beans & Rice (V) Steamed Greens (V)	16 Linguini with Broccoli Pesto (V) Corn Fritters (V) Garlic Bread (V) Roasted Veggies(V) Brown Rice(V) Steamed Greens(V)	17 Garlic Ginger Chicken Sesame Ginger Tofu with Broccoli (V) Spicy Bok Choy(V) Egg Rolls White Rice (V) Steamed Greens(V)	18 Goan Beef Goan Seitan (V) Indian Cauliflower (V) Samosas(V) White Basmati Rice(V) Steamed Greens(V)	19 Chicken Enchiladas Three-Bean Enchiladas(V) Spanish Rice(V) Spicy Corn(V) Brown Rice(V) Steamed Kale (V)	20 Beef Shepherd's Pie Vegan Shepherd's Pie(V) Roasted Cabbage, Carrots, and Onions(V) Baked Beans(V) Brown Rice(V) Steamed Greens(V)	21 Build Your Own Breakfast Burritos Sausage Breakfast Potatoes (V) Cilantro Lime Rice (V) Steamed Greens (V)
22 Build Your Own Breakfast Burritos Sausage Breakfast Potatoes (V) Cilantro Lime Rice (V) Steamed Greens (V)	23 Vegetarian Lasagna Vegan Lasagna (V) Garlic Bread (V) Roasted Broccoli (V) Brown Rice (V) Steamed Greens (V)	24 Tofu and Broccoli(V) Beef and Broccoli Bok Choy with Cashews(V) Egg Rolls White Rice(V) Steamed Greens(V)	25 Chicken Korma (V) Vegetable Korma (V) Coconut Curry Cabbage(V) Samosas(V) White Basmati Rice(V) Steamed Greens(V)	26 Chicken Nuggets Seitan Nuggets(V) Sweet Potato Mash (V) Mushroom Gravy(V) Brown Rice(V) Steamed Greens(V)	27 Cider-Brined Pork Steamed Broccoli (V) Garlic Potato Mash (V) Garlic Bread (V) Brown Rice(V) Steamed Greens(V)	28 Biscuits (V) Sausage Gravy Vegan Sausage Gravy(V) Scrambled Eggs Breakfast Potatoes(V) Steamed Greens(V)
29 Biscuits (V) Sausage Gravy Vegan Sausage Gravy(V) Scrambled Eggs Breakfast Potatoes (V) Steamed Greens (V)	30 Creamy Mac and Cheese Kalamata Tempeh (V) Patatas Bravas (V) Steamed Corn (V) Brown Rice(V) Steamed Greens(V)	31 Thai Peanut Tofu(V) Thai Peanut Beef Spicy Cabbage(V) Egg Rolls White Rice (V) Steamed Greens(V)				