

**NOVEMBER MENU/MENU NOVIEMBRE**

WEEK 1-4	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	October Menu	Oriental Style Beef Broccoli with Carrots Vegetable Fried Rice Asian Salad	Rosemary Roasted Chicken Baked Cheesy Potatoes Traditional Coleslaw	Spaguetti with our home made Bolognese sauce Tomato Focaccia Cesar Salad	Premium Ground Beef Sliders House Bread Buns Nachos w/Cheese Veggie Salad
Vegetarian	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request
Dessert		Dessert	Fruit Salad	Fruit Jello	Fruit Cuts

WEEK 7-11	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Honey Chicken Lime Rice Orange Carrots with Autumn Spices	Early Release No Lunch	Autumn Ground Beef (Picadillo) w/Diced Pumpkin Lentil Rice Green Salad	Chicken Fetuccine Alfredo Baked Butter Zucchini Sweet Honey Bread Roll	Pop Corn Chicken w/wo BBQ Sauce Roasted Seasoned Potatoes Pumpkin Corn Bread
Vegetarian	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request
Dessert	Fresh Fruit	Fruit Cuts	Dessert	Fruits	Dessert

**NOVEMBER MENU/MENU NOVIEMBRE**

WEEK 14-18	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Old Fashioned Beef Stew Pinto Rice Pumpkin Fritters	Garden Pasta with Spinach, Broccoli & Cherry Tomatoes with Arugula Pesto Italian Focaccia Mixed salad	Skipper's Catch Fish Fingers Tartar Sauce Roasted Garlic Mashed Potatoes Broccoli Salad	Baked Pasta with Chicken Whole Wheat Bread Bun from our Bakery Tomato Cucumber Salad	Slow Cooked Roasted Pork Baked Maple Red Beans Vegetable Fried Rice
Vegetarian	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request
Dessert	Dessert	Mixed Fruits	Apple Tart	Fresh Fruit Cuts	Dessert

WEEK 21-25	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Granny's Chicken Stew with Carrots and Butternut Squash Yellow Turmeric Rice Garden Salad	Thanksgiving Menu Marinated Roasted Turkey with Gravy Mashed Potatoes Season Veggies	Early Release No Lunch	Thanksgiving Break	Thanksgiving Break
Vegetarian	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request	Vegetarian dishes available upon request
Dessert	Dessert	Pumpkin Dessert			

**NOVEMBER MENU/MENU NOVIEMBRE**

WEEK 28-30	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	No Classes	Cuban Style Shredded Beef (Ropa Vieja) Black Beans Soup White Rice Coleslaw	House Marinara, Pesto and Alfredo served with Penne Al Dente French Bread Italian Salad	December Menu	December Menu
Vegetarian		Vegetarian dishes available upon request	Vegetarian dishes available upon request		
Dessert		Dessert	Fresh Fruit Cuts		

***Our Promise***

*We prepare our food from scratch every day using whole fresh ingredients without the use of processed foods, avoiding products with preservatives or high levels of sodium and sugars.*

*All our produce come fresh twice a week from co-op farms  
Food safety is of paramount importance for us at Kid Gourmet/LunchBox Cafe.  
We follow HACCP procedures in our kitchen and are licensed by the local health authority.*

*Never before the expression Cost-Efficient made more sense.*

*Leave the worries of cooking every day to us.*

*From beverages to desserts and array of worldwide inspired delicious and healthy dishes brought to your children by professionals every day.*

***The Kid Gourmet Team***

***(ACF Certified)***