

**OCTOBER MENU / MENU OCTUBRE**

WEEK 30-04	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Roasted Chicken with Herbs Baked Potatoes Season Salad	Baked House Meat Balls Mac N' Cheese Cheese Bread Sticks Cucumber & Tomato Salad	Latin Style Rice & Chicken Black Beans Garden Salad	Granny's Beef Stew with Carrots & Green Beans Potatoes Au Gratin	Combo Friday Minestrone and Chicken Soup Margherita Pizza Squares Italian Salad
Vegetarian	Vegetarian/Gluten Free dish available upon request	Vegetarian/Gluten Free dish available upon request	Vegetarian/Gluten Free dish available upon request	Vegetarian/Gluten Free dish available upon request	Vegetarian/Gluten Free dish available upon request
Dessert	Fresh Fruit	Fresh Fruit	Fruit Jello	Fresh Fruit	Fresh Fruit

WEEK 07-11	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken A L' Orange Fried Rice Oriental Salad with Tangerines	Atlantic Baked Salmon Flakes over Bowtie Pasta Parisienne Focaccia Quinoa Mixed Salad	South of the Border Beef Chili Mexican Rice Corn Salad	Original Meatloaf with Gravy Mashed Potatoes Or White Rice Mixed Salad	Combo Friday Carrot-Sweet Potato Soup Chicken Sandwich Garden Salad
Vegetarian	Vegetarian/Gluten Free dish available upon request	Vegetarian/Gluten Free dish available upon request	Vegetarian/Gluten Free dish available upon request	Vegetarian/Gluten Free dish available upon request	Vegetarian/Gluten Free dish available upon request
Dessert	Fresh Fruit	Fresh Fruit	Fruit Salad	Fresh Fruit	Fresh Fruit

**OCTOBER MENU / MENU OCTUBRE**

WEEK 14-18	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Light Curry Chicken with Potatoes White Rice Tomato Broccoli Salad	Spaguetti Bolognese (Meat Sauce) and/or Marinara W or w/o Parmesan Cheese House Bread Roll Mixed Salad	No Classes	Shepherd's Pie White Rice Green Salad	Combo Friday Cream of Leeks and Potatoes Chicken Burritos Garden Salad
Vegetarian	Vegetarian/Gluten Free dish available upon request	Vegetarian/Gluten Free dish available upon request		Vegetarian/Gluten Free dish available upon request	Vegetarian/Gluten Free dish available upon request
Dessert	Fresh Fruit	Fresh Fruit		Fresh Fruit	Fresh Fruit

WEEK 21-25	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Honey Chicken Lime White Rice Mixed Salad	Fetuccine Alfredo with Chicken Breast Strips Garlic Bread Italian Salad	Roasted Brisquet Au Jus Mashed Potatoes Garden Salad	Mexican Thursday featuring Beef Or Chicken Fajitas with Veggies Rice & Beans Mexican Salad	No Classes
Vegetarian	Vegetarian/Gluten Free dish available upon request	Vegetarian/Gluten Free dish available upon request	Vegetarian/Gluten Free dish available upon request	Vegetarian/Gluten Free dish available upon request	
Dessert	Fresh Fruit	Fresh Fruit	Fruit Salad	Fresh Fruit	

**OCTOBER MENU / MENU OCTUBRE**

<i>WEEK 28-01</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Main Meal</i>	<i>Old Fashioned Slow Cooked Chicken Stew White Rice Tropical Coleslaw with Mango</i>	<i>Beef or Neapolitan Lasagna House Bread Roll Italian Salad</i>	<i>Mediterranean Beef with Vegetables Spinach Couscous Green Salad</i>	<i>Costa Rican Delight Chifriilo with Chicken Nachos Pico de Gallo White Lime Rice</i>	<i>Friday Combo Pumpkin Soup Chicken Tenders and Fries (All Baked) BBQ &amp; Ketchup available Mixed Salad</i>
<i>Vegetarian</i>	<i>Vegetarian/Glut en Free dish available upon request</i>	<i>Vegetarian/Glut en Free dish available upon request</i>	<i>Vegetarian/Glut en Free dish available upon request</i>	<i>Vegetarian/Glut en Free dish available upon request</i>	<i>Vegetarian/Glut en Free dish available upon request</i>
<i>Dessert</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>	<i>Fruit Salad</i>	<i>Fresh Fruit</i>	<i>Fresh Fruit</i>