



TUESDAY			FRIDAY		
11/1 - 11/29			11/4 - 12/2		
Broccoli & cheddar soup w/ pita points; mixed berries & oats	Roast turkey & cheese on wheat; balsamic glazed brussels sprouts; oranges	Roast chicken w/ tomato & basil sauce penne pasta; broccoli florets; green beans	Stuffed shells w/ spinach, marinara & mozzarella; roasted veggies; garlic cheese bread	Chicken salad on multigrain; cucumber & tomato dill salad; apples	Meatloaf; garlic mashed potatoes; lima beans; strawberries
11/8 - 12/6			THURSDAY 11/10 - 12/9		
Shrimp alfredo w/ pasta; asparagus; wild rice w/ roasted carrot, onion & celery	Roast beef & cheddar on wheat; quinoa & veggie salad; melon	Shepards pie w/ peas, onions & mashed potatoes; roasted corn; pineapple	Chicken chilli Mac; roasted sweet potato w/ cinnamon sugar; pineapple	Ham & vegetable pasta salad; fresh fruit salad w/ yogurt, honey & oats	Stuffed flounder w/ lobster cream sauce; peas & carrots; brown rice; wheat roll
11/15 - 12/13			11/18 - 12/16		
Baked chicken w/ stuffing & roasted vegetables; Italian green beans; wheat roll	Ham & cheese on multigrain; side salad w/ tomato basil vinaigrette; fruit medley	Roasted tomato & basil bisque; vegetable tray w/ hummus & pita	Tuna salad over mixed greens; wheat roll; potato salad; mixed berries	Teriyaki chicken; roasted squash, zucchini, carrot & edamame w/ white rice; oranges	Vegetarian chilli; grilled cheese on sunflower bread; roasted cinnamon apples
11/22 - 12/20			10/28 - CLOSED 11/ 25 - THURSDAY 12/22		
Loaded baked potato & bacon soup; pita points; pasta salad with veggies	Salisbury steak w/ creamed potato; brussels sprouts; apples	Vegetarian baked pasta; butternut squash; fresh fruit & oats	Cheeseburger on multigrain roll w/ lettuce, tomato & onion; potato & vegetable salad	Chicken parm w/ garlic noodles; mixed veggies; pineapple	Brunswick stew w/ wild rice; cheddar biscuit; melon
CLOSED 12/27	12/30				
Roast turkey w/ gravy; stuffing; yams; cranberry sauce; green beans; carrots	Ham and veggie pasta salad, fruit medley		Santa Fe chicken salad with mixed veggies; fresh fruit; rice pilaf		
*** Items containing seafood are printed in red ***					