



Please reserve
your meal
using the
check in kiosk!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/4	10/5	10/6	10/7	10/8
BBQ chicken w/ rice roasted vegetables rolls; apple cobbler	Hamburger pasta bake broccoli; peaches roll	Chicken & broccoli stirfry fried rice; carrots pita bread	Baked chicken w/ yellow rice mixed vegetables yeast rolls	Meatball sub mixed vegetables fruit
Special	Special	Special	Special	Special
Meatless sloppy joe mixed veg; baked apples	Vegetarian cobb salad w/ chickpeas fruit salad	Mock chik'n & vegetable stir fry rice; GF bread	Beyond beef & vegetable pasta marinara; roll	Meatless meatball sub w/ GF bread mixed vegetables; fruit
10/11	10/12	10/13	10/14	10/15
Chicken salad w/ greens & croutons fruit salad tortilla	Smothered chicken w/ greens mashed potatoes cornbread	Beef chilli w/ cornbread mandarin oranges vegetables	Chicken stew w/ dumplings carrots & potatoes bread	Beef & cheese sliders lima beans apples
Special	Special	Special	Special	Special
Chickpea "chik'n" salad w/ croutons fruit salad	Pasta primavera w/ meatless sauce vegetables; GF bread	Mock tuna salad w/ fruit GF crackers; fruit	Broccoli & pepper quiche GF bread	GF pasta w/ roasted veg & chickpeas GF bread
10/18	10/19	10/20	10/21	10/22
Turkey stuffing casserole greens & mashed potatoes cornbread	Chicken pot pie w/ biscuit mixed vegetables roll	Tuna salad w/ greens crackers fruit salad	Turkey & cheese sliders lima beans apples	Skillet beef lasagna broccoli roll
Special	Special	Special	Special	Special
Cobb salad w/ chickpeas croutons	Chik'n ramen w/ vegetables broccoli; roll	Chickpea "tuna" salad w/ greens crackers; fruit salad	Chickpea pasta w/ roasted vegetables apples; GF bread	Vegetarian chilli w/ rice carrots; GF cornbread
10/25	10/26	10/27	10/28	10/29
Pulled pork sandwich slaw; pickles fruit	Beef soup w/ vegetables noodles hawaiian rolls	Baked turkey w/ yams mashed potatoes bread	Quiche w/ spinach & tomato fruit roll	Cheeseburger pasta bake carrots; seasonal fruit roll
Special	Special	Special	Special	Special
GF vegetable pasta w/ mock meat marinara vegetables; roll	Zucchini & chickpea mac n cheese GF bread; fruit	Vegetarian sloppy joe w/ rice mixed vegetables; baked apples	Black bean burrito bowl lettuce, tomato, cheese & rice	Asian noodles w/ cabbage & peanuts seasonal fruit