

October

# MENU

| MONDAY                                                                                   | TUESDAY                                                                                        | WEDNESDAY                                                                                                                     | THURSDAY                                                                                                          | FRIDAY                                                                                                         |
|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
|                                                                                          |                                                                                                |                                                                                                                               | 1<br>Beef Teriyaki<br>Tofu Teriyaki<br>Steamed Carrots &<br>Broccoli<br>Jasmin Rice                               | 2<br>Tomato Basil Soup<br>Grilled Cheese<br>Jerk Cauliflower<br>Vegetable Pizza<br>French Fries<br>Green Beans |
| 5<br>Beef Chili<br>Lentil Chili<br>Broccoli & Cauliflower<br>Quinoa & Brown Rice         | 6<br>Pork Mojo<br>Portobello Mojo<br>Sweet Plantain<br>White Rice<br>Sautéed Spinach           | 7<br>Ground Beef<br>Enchilada Tofu<br>Black Beans Brown<br>Rice<br>Cheddar<br>Guacamole<br>Lettuce<br>Pico de Gallo           | 8<br>Chicken Teriyaki<br>Tofu Teriyaki<br>Bok Choy<br>Edamame<br>Vegetable Fried Rice                             | 9<br>Chicken Tikka Masala<br>Chana Masala<br>Peas and Carrots<br>Basmati Rice                                  |
| 12<br>School Closed                                                                      | 13<br>Cheeseburger<br>Beef Burger<br>Black Bean Burger<br>French Fries                         | 14<br>Baked Salmon<br>Portobello Mojo<br>Sautéed Broccoli<br>Rosemary Garlic<br>Potatoes<br>Sautéed Zucchini                  | 15<br>Chicken Tenders<br>Crispy Cauliflower<br>Green Beans with<br>Lemon Garlic<br>Corn on the Cob                | 16<br>Baked Ziti<br>Caesar Salad<br>Glazed Carrots<br>Medley Vegetable                                         |
| 19<br>Chicken Gyro<br>Vegetarian Pita<br>Sandwich<br>Salad Cucumber<br>Roasted Vegetable | 20<br>Pulled Pork<br>BBQ Cauliflower Steak<br>Honey Carrots<br>Cornbread                       | 21<br>Jerk Chicken<br>Jerk Tofu<br>Brown Rice<br>Brussels Sprouts                                                             | 22<br>Pasta Bolognese<br>Eggplant and Tomato<br>Stewed<br>Pasta with Pomodoro<br>Garlic Bread<br>Roasted Broccoli | 23<br>Cheeseburger<br>Beef Burger<br>Black Bean Burger<br>French Fries                                         |
| 26<br>Chicken Tikka Masala<br>Chana Masala<br>Peas and Carrots<br>Basmati Rice           | 27<br>Chicken Fajita<br>Vegetable Fajita<br>Black Beans<br>Spanish Rice<br>Tomato & Corn Salsa | 28<br>Flank Steak<br>Steak Cauliflower<br>Chimichurri Sauce<br>Green Beans<br>Rosemary Garlic<br>Potatoes<br>Vegetable Medley | 29<br>Honey Miso Chicken<br>Honey Miso Tofu<br>Steamed Edamame<br>Jasmine Rice<br>Cucumber Greek Salad            | 30<br>Pesto Pasta<br>Chicken Alfredo<br>Roasted Carrots<br>Caesar Salad                                        |

Menus are subject to change, for the most up to date menus please view the daily menu on tenkites