

HOT and COLD MEALS (ALL MEALS SERVED W/ DAILY SALAD)

| <u>Oct 26-30</u> | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|-------------------------|-------------------------|---|-------------------------|-----------------------------|-----------------------------|
| Cold option | Pastrami & Swiss on rye | Crispy Caesar Chicken Wrap | Roast Beef Ciabatta | Turkey BLT | Sausage Sub |
| Cold vegetarian | Veg ch. salad | Veg chicken ciabatta w/ pepper + Philly | Falafel wrap | Omelette sandwich | Grilled Veggie Focaccia (V) |
| Hot Option #1 | Chicken Schnitzel | Beef Hamburger | Chicken Nuggets | Italian Sausage Ratatouille | Pizza |
| Hot Option #2 | Grilled Cheese | Pasta Bolognese | Grilled Cheese | Pasta Primavera | Grilled Cheese |
| Daily Salad* | Couscous Salad | Greek Feta Salad | Quinoa Salad | Tri-Color Rotini Salad | Orzo & veggie salad |
| Dessert | Oatmeal cookie | Fresh fruit | Fruit/veg loaf | Fresh fruit | Chocolate chip cookie |
| Drink | Milk or Juice Box | Milk or Juice Box | Milk or Juice Box | Milk or Juice Box | Milk or Juice Box |
| <u>Nov 2-6</u> | | | | | |
| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | |
| Cold option | Tuna Wrap | Egg salad on Croissant | Roast Beef Ciabatta | Turkey Club on Baguette | Lox & Cream Cheese Bagel |
| Cold vegetarian | Veg ch. salad | Veg chicken ciabatta w/ pepper + Philly | Falafel wrap | Omelette sandwich | Grilled veg wrap w/ feta |
| Hot Option #1 | Chicken Burger | Pork Loin Roast | Chicken Drumsticks | Lemon Pepper Cod | Mac & Cheese |
| Hot Option #2 | Grilled Cheese | Pasta Bolognese | Grilled Cheese | Pasta Primavera | Grilled Cheese |
| Daily Salad* | Couscous Salad | Greek Feta Salad | Quinoa Salad | Tri-Color Rotini Salad | Orzo & veggie salad |
| Dessert | Oatmeal cookie | Fresh fruit | Fruit/veg loaf | Fresh fruit | Chocolate chip cookie |
| Drink | Milk or Juice Box | Milk or Juice Box | Milk or Juice Box | Milk or Juice Box | Milk or Juice Box |
| <u>Nov 9-13</u> | | | | | |
| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | |
| Cold option | Pastrami & Swiss on rye | Crispy Caesar Chicken Wrap | Roast Beef Ciabatta | Turkey BLT | Sausage Sub |
| Cold vegetarian | Veg ch. salad | Veg chicken ciabatta w/ pepper + Philly | Falafel wrap | Omelette sandwich | Grilled Veggie Focaccia (V) |
| Hot Option #1 | Chicken Schnitzel | Beef Hamburger | Chicken Nuggets | Italian Sausage Ratatouille | Pizza |
| Hot Option #2 | Grilled Cheese | Pasta Bolognese | Grilled Cheese | Pasta Primavera | Grilled Cheese |
| Daily Salad* | Couscous Salad | Greek Feta Salad | Quinoa Salad | Tri-Color Rotini Salad | Orzo & veggie salad |
| Dessert | Oatmeal cookie | Fresh fruit | Fruit/veg loaf | Fresh fruit | Chocolate chip cookie |
| Drink | Milk or Juice Box | Milk or Juice Box | Milk or Juice Box | Milk or Juice Box | Milk or Juice Box |
| <u>Nov 16-20</u> | | | | | |
| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | |
| Cold option | Tuna Wrap | Egg salad on Croissant | Roast Beef Ciabatta | Turkey Club on Baguette | Lox & Cream Cheese Bagel |
| Cold vegetarian | Veg ch. salad | Veg chicken ciabatta w/ pepper + Philly | Falafel wrap | Omelette sandwich | Grilled veg wrap w/ feta |
| Hot Option #1 | Chicken Burger | Pork Loin Roast | Chicken Drumsticks | Lemon Pepper Cod | Mac & Cheese |
| Hot Option #2 | Grilled Cheese | Pasta Bolognese | Grilled Cheese | Pasta Primavera | Grilled Cheese |
| Daily Salad* | Couscous Salad | Greek Feta Salad | Quinoa Salad | Tri-Color Rotini Salad | Orzo & veggie salad |
| Dessert | Oatmeal cookie | Fresh fruit | Fruit/veg loaf | Fresh fruit | Chocolate chip cookie |
| Drink | Milk or Juice Box | Milk or Juice Box | Milk or Juice Box | Milk or Juice Box | Milk or Juice Box |