

WEEK OF OCT 6TH

entrees

- chicken cacciatore with pasta
- flatbread–roasted tomatoes, spinach, mozzarella (veg)
- flatbread–chicken, roasted tomatoes, spinach + mozzarella
- turkish ground turkey & rice stuffed peppers (gf)
- baked ziti w/italian sausage, roasted veggies & marinara & mozzarella (can be gf)
- **gf version-** baked ziti w/italian sausage, roasted veggies & marinara & mozzarella(gf)
- baked ziti w/roasted veggies, marinara & mozzarella (veg)
- shepherd's pie stuffed baked potatoes with cheddar potato topping (gf)
- broccoli & cheddar alfredo mac & cheese (veg)
- bacon, broccoli & cheddar alfredo mac & cheese
- **gf version-** bacon, broccoli & cheddar alfredo mac & cheese (gf)
- stuffed zucchini w/southwest chicken enchilada (gf)

sides/salads

- creamy roasted carrot & coriander soup (v and gf)
- tabbouleh salad (v)
- brussels sprouts salad w/apples, cranberries, blue cheese & sunflower seeds w/dijon vinaigrette (veg+gf)
- ciabatta bread w/garlic parmesan & basil pesto butter (veg)
- chopped southwest salad w/mexican street corn, cotija cheese & chipotle lime dressing (veg and gf)
- garlic mashed potatoes (veg and gf)
- creamy tomato basil soup (veg and gf)
- mediterranean tortellini (veg)
- savory bread of week (veg) MAY CONTAIN NUTS OR SEEDS

desserts

- pumpkin apple mini bundt cake with cider glaze (veg)
- chocolate butterfinger cookies (veg)
- **gluten free version-** maple pecan pie bars (veg and gf)
- **gluten free version-** peanut butter chocolate chip granola bars (veg and gf)
- cranberry white chocolate macadamia cookies (veg)

WEEK OF OCT 13

entrees

- tuscan chicken pasta
- **gf version**- tuscan chicken pasta (gf)
- tuscan roasted veggie pasta (veg)
- melties–bbq chicken & cheddar
- smothered beef & bean burritos
- lentil bolognese over spaghetti squash (v & gf) (contains mushrooms)
- frittata–roasted pepper, spinach feta (veg and gf)
- frittata–italian sausage, roasted pepper, spinach & feta (gf)
- beef & roasted poblano taco bake w/cheddar cornbread topping
- asian bbq meatballs over rice (gf) (contains soy)

sides

- arugula salad w/citrus, fennel salad w/goat cheese & pomegranate seeds (veg and gf)
- garden salad w/green goddess dressing (veg and gf)
- tarragon wild rice chicken & apple salad (gf)
- bacon & brown sugar baked beans (gf)
- savory strong arm loaf (veg) MAY CONTAIN NUTS OR SEEDS
- roasted tomato parmesan and thyme scones (veg)
- black bean & corn salad (v and gf)
- “ready to roast” broccoli & peppers in citrus ginger sauce (veg + gf)
contains gf soy sauce
- pasta salad of the week (veg)

desserts

- caramel toffee chocolate cookie (veg)
- carrot & apple oatmeal breakfast cookies (veg)
- **gf version**- apple torte bars (veg and gf)
- mini mocha beignets (veg)
- **gf version** -espresso white chocolate chip brownies (veg and gf)

WEEK OF OCT 20

entrees

- spaghetti squash frittata with roasted zucchini tomatoes & parmesan (veg and gf)
- spaghetti squash frittata with chicken sausage, roasted zucchini tomatoes & parmesan (gf)
- jumbo mediterranean sweet potatoes, spinach and quinoa w/feta (veg and gf)
- jumbo mediterranean sweet potatoes ground turkey, spinach and quinoa w/feta (gf)
- chicken picatta & orzo
- italian beef stuffed zucchini (gf)
- beef and butternut squash enchiladas
- **gf version-** beef and butternut squash enchiladas (gf)
- black bean & butternut squash enchiladas
- baked cheese ravioli w/spinach roasted tomato in creamy tomato basil sauce (veg)
- stuffed portobello mushrooms w/sausage & wild rice (gf)

sides/salads

- tuscan kale & white bean soup (v and gf)
- dijon herb red potato salad (v and gf)
- kale caesar salad w/shaved parmesan, sundried tomatoes and rosemary croutons
- kale caesar salad w/shaved parmesan, sundried tomatoes (gf with no croutons)
- arugula salad w/pears, goat cheese, candied walnuts, cranberries & dried apricots w/pomegranate dressing (veg + gf)
- moroccan chickpea soup (v and gf)
- basil pesto, roasted tomato & parmesan spaghetti squash casserole (veg and gf)
- chopped italian salad w/balsamic vinaigrette (v and gf)
- broccoli pasta salad w/apples, sunflower seeds & carrots w/honey dijon dressing (v and gf)

desserts

- pumpkin chocolate swirl brownies (veg)
- **gf version-** lemon poppyseed breakfast loaf (veg and gf)
- jumbo chocolate muffins (veg)
- fruit and yogurt parfait (veg and gf)
- banana chocolate swirl poundcake (veg)

WEEK OF OCT 27TH

entrees

- buffalo chicken stuffed zucchini (gf)
- italian tortellini and meatball stew
- classic meatloaf
- chicken marsala (contains mushrooms) (gf)
- roasted butternut squash, kale & sage baked penne w/roasted garlic alfredo sauce (veg can be gf)
- roasted chicken sausage, butternut squash, kale + sage baked penne w/roasted garlic alfredo sauce
- **gf version-** roasted chicken sausage, butternut squash, kale + sage baked penne w/roasted garlic alfredo sauce
- spinach & ricotta stuffed manicotti w/tomato basil sauce & mozzarella (veg)
- italian sausage spinach & ricotta stuffed manicotti w/tomato basil sauce & mozzarella
- chicken spinach & enchilada pie w/verde sauce (gf)

sides/salads

- sweet potato + black bean chili (veg and gf)
- harvest salad w/candied almonds, apples + blue cheese w/ pomegranate dressing (veg and gf)
- green bean salad w/roasted tomatoes, candied pecans, pickled red onion+ balsamic dressing (v+gf)
- garlic & cream cheese mashed potatoes (veg and gf)
- garden salad w/balsamic dressing (v and gf)
- arugula, beet + orange salad w/candied walnuts & goat cheese & pomegranate dressing (veg and gf)
- southwest chickpea salad (v and gf)
- rosemary + blue cheese jumbo biscuits (veg and gf)
- pasta salad of the week (veg)

desserts

- lemon pound cake (veg)
- jumbo blueberry muffins (veg)
- **gf version** –banana chocolate chip oatmeal breakfast cookies (veg and gf)
- pumpkin cinnamon coffee cake (veg)
- **gf version**–zucchini apple breakfast loaf (veg and gf)