

# October 2024 Menu

Monday 9/30	Tuesday 10/1	Wednesday 10/2	Thursday 10/3	Friday 10/4
<p><b>Beef &amp; Lamb Gyro</b> Feta, Tzatziki, Lettuce, Red Onion, Tomato &amp; Pita</p> <p><b>Falafel Gyro (v)</b> Feta, Tzatziki, Lettuce, Red Onion, Tomato &amp; Pita</p> <p><b>Mediterranean Pasta Salad (v)</b> Black Olives, Onions, Provolone Cubes, Tomatoes &amp; Herb Vinaigrette</p>	<p><b>Chicken Makhani (gf)</b> Indian Butter Chicken <b>Seitan Makhani (v)</b> Indian Butter Seitan</p> <p><b>Basmati Rice (gf, vegan)</b></p> <p><b>Spiced Green Beans &amp; Carrots (gf, vegan)</b></p>	<p><b>Four Cheese Lasagna</b> Ricotta, Mozzarella, Romano &amp; Parmesan Cheese with Ground Beef &amp; Homemade Marinara</p> <p><b>Vegetarian Lasagna (v)</b> Ricotta, Mozzarella, Romano &amp; Parmesan Cheese with Seitan &amp; Homemade Marinara</p> <p><b>Grilled Italian Vegetables (gf, vegan)</b></p> <p><b>Garlic Bread (v)</b></p>	<p><b>Pork Banh Mi (df)</b> Carrot, Daikon, Cucumber, Sesame &amp; Sriracha Mayo</p> <p><b>Tofu Banh Mi (v)</b> Carrot, Daikon, Cucumber, Sesame &amp; Sriracha Mayo</p> <p><b>Vietnamese Salad (gf, vegan)</b> Chilled Sweet Potato Noodles with Lime &amp; Cilantro</p>	<p><b>Grilled Teriyaki Chicken (gf, df)</b> Soy, Ginger, Sesame Seeds &amp; Scallions</p> <p><b>Grilled Tofu (gf, vegan)</b> Soy, Ginger, Sesame Seeds &amp; Scallions</p> <p><b>Asian Stir Fry Veggies (gf, vegan)</b> Baby Corn, Bok Choy, Broccoli &amp; Carrots</p> <p><b>Steamed Jasmine Rice (gf, vegan)</b></p>
Monday 10/7	Tuesday 10/8	Wednesday 10/9	Thursday 10/10	Friday 10/11
<p><b>Italian Sub</b> Ham, Salami, Pepperoni, Provolone, Lettuce, Tomato, Vinaigrette &amp; Pepperoncini</p> <p><b>Roasted Vegetable &amp; Hummus Sandwich (vegan)</b> Roasted Tomato Jam</p> <p><b>Mediterranean Pasta Salad (v)</b> Black Olives, Onions, Provolone Cubes, Tomatoes &amp; Herb Vinaigrette</p> <p><b>Grilled Asparagus (gf, vegan)</b></p>	<p><b>Shrimp Creole (gf, df)</b> Cajun Peppers &amp; Tomato Sauce</p> <p><b>Tempeh Creole (gf, vegan)</b> Cajun Peppers &amp; Tomato Sauce</p> <p><b>Minted Zucchini (gf, vegan)</b></p> <p><b>Okra Yellow Rice (gf, vegan)</b></p>	<p><b>Pork Carnitas Tacos (gf)</b> Red &amp; Green Chili</p> <p><b>Jackfruit Carnitas Tacos (gf, v)</b> Red &amp; Green Chili</p> <p><b>Cilantro Lime Rice (gf, vegan)</b></p> <p><b>Cumin Black Beans (gf, vegan)</b></p> <p><b>Pico, Sour Cream, Corn &amp; Flour Tortillas (v)</b></p>	<p><b>Grilled Beef Tender (df)</b> American Steak Sauce with Mushrooms</p> <p><b>Grilled Portobello &amp; Tofu Stack (gf, vegan)</b> American Steak Sauce with Mushrooms</p> <p><b>Grilled Seasonal Vegetables (gf, vegan)</b> Olive Oil &amp; Salt</p> <p><b>Roasted Rosemary Potatoes (gf, vegan)</b></p>	<p><b>Roasted Chicken (gf, df)</b> Red Wine Demi Glace with Pearl Onions</p> <p><b>Roasted Seitan (vegan)</b> Red Wine Demi Glace with Pearl Onions</p> <p><b>Lemon Orzo (v)</b> Tomatoes, Parsley &amp; Cucumber</p> <p><b>Roasted Root Vegetables (gf, vegan)</b></p>
Monday 10/14	Tuesday 10/15	Wednesday 10/16	Thursday 10/17	Friday 10/18
<p><b>Chicken Pesto &amp; Provolone Sandwich</b> Greens, Tomato &amp; Pesto Aioli</p> <p><b>Caprese Sandwich (v)</b> Fresh Mozzarella, Tomato, Greens &amp; Pesto Aioli</p> <p><b>Greek Cous Cous Pasta Salad (v)</b> Tomato, Cucumber, Red Onion &amp; Feta</p> <p><b>Crispy Tater Tots (gf, vegan)</b> Sea Salt</p>	<p><b>Apricot Sage Chicken (gf, df)</b> Pan Seared with Dried Apricot &amp; Sage</p> <p><b>Apricot Sage Tempeh (gf, vegan)</b> Pan Seared with Dried Apricot &amp; Sage</p> <p><b>Butternut Squash &amp; Brussel Sprouts (gf, v)</b></p> <p><b>Roasted Sweet Potatoes (gf, v)</b></p>	<p><b>Thai Basil Beef (gf, df)</b> Soy Ginger Glaze</p> <p><b>Thai Basil Tofu (gf, vegan)</b> Soy Ginger Glaze</p> <p><b>Steamed Jasmine Rice (gf, vegan)</b></p> <p><b>Sesame Braised Bok Choy &amp; Baby Corn (gf, vegan)</b></p>	<p><b>Pork Jaeger Schnitzel (df)</b> Breaded Cutlet with Mushroom Hunter Sauce</p> <p><b>Seitan Jaeger Schnitzel (vegan)</b> Mushroom Hunter Sauce</p> <p><b>Warm Potato Salad (gf, df)</b> Spicy Brown Mustard, Bacon &amp; Onions</p> <p><b>Garlic Roasted Vegetables (gf, vegan)</b></p>	<p><b>Braised Beef Enchiladas (gf, df)</b> Red Chili &amp; Black Beans</p> <p><b>Vegetarian Enchiladas (gf, df, v)</b> Red Chili &amp; Black Beans</p> <p><b>Mexican Rice (gf, vegan)</b></p> <p><b>Fajita Vegetables</b></p>
Monday 10/21	Tuesday 10/22	Wednesday 10/23	Thursday 10/24	Friday 10/25
<p><b>Chicken Marsala (gf)</b> Pan Seared Chicken Medallions with Marsala Mushroom Sauce &amp; Fresh Rosemary</p> <p><b>Seitan Marsala (vegan)</b> Pan Seared Seitan with Marsala Mushroom Sauce &amp; Fresh Rosemary</p> <p><b>Cacciatore Vegetables (gf, v)</b> Squash, Red Pepper, Carrot, Mushroom &amp; Marsala</p> <p><b>Roasted Potatoes (gf, v)</b></p>	<p><b>Honey Thyme Roasted Pork Tenderloin (gf, df)</b> Whole Grain Mustard &amp; Honey Glaze</p> <p><b>Honey Thyme Roasted Tempeh (gf, df, v)</b> Whole Grain Mustard &amp; Honey Glaze</p> <p><b>Traditional Rice Pilaf (v)</b> Sautéed Mirepoix, Long Grain Rice &amp; Parsley</p> <p><b>Roasted Seasonal Vegetables (gf, vegan)</b> Olive Oil &amp; Sea Salt</p>	<p><b>Mongolian Beef (gf, df)</b> Scallion, Peppers &amp; Onions</p> <p><b>Mongolian Tofu (gf, vegan)</b> Scallion, Peppers &amp; Onions</p> <p><b>Vegetable Fried Rice (gf, vegan)</b></p> <p><b>Sesame Broccoli (gf, vegan)</b></p>	<p><b>Italian Chicken Panini</b> Sourdough with Pesto, Roasted Red Peppers &amp; Mozzarella</p> <p><b>Italian Portobello Panini (v)</b> Sourdough with Pesto, Roasted Red Peppers &amp; Mozzarella</p> <p><b>Cream of Asparagus Soup (gf)</b></p>	<p><b>Grilled Flank Steak (gf, df)</b> House-Made Chimichurri &amp; Grilled Onions</p> <p><b>Grilled Seitan (vegan)</b> House-Made Chimichurri &amp; Grilled Onions</p> <p><b>Lemon Basil Penne (v)</b></p> <p><b>Roasted Autumn Vegetables (gf, vegan)</b> Olive Oil &amp; Sea Salt</p>
Monday 10/28	Tuesday 10/29	Wednesday 10/30	Thursday 10/31	Friday 11/1
<p><b>Sichuan Twice Cooked Pork (gf, df)</b> Leeks, Onions, Red Peppers &amp; Bok Choy</p> <p><b>Sichuan Twice Cooked Tofu (gf, vegan)</b> Leeks, Onions, Red Peppers &amp; Bok Choy</p> <p><b>Steamed Jasmine Rice (gf, vegan)</b></p> <p><b>Mini Egg Rolls (v)</b> Sweet Chili Dipping Sauce</p>	<p><b>Fish &amp; Chips</b> Lemon Caper Remoulade</p> <p><b>Fried Tofu (v)</b> Lemon Caper Remoulade</p> <p><b>Lemon Roasted Green Beans (gf, vegan)</b></p> <p><b>Steak Fries (gf, vegan)</b> Olive Oil &amp; Sea Salt</p>	<p><b>Beef Stroganoff (gf)</b> Mushrooms in Creamy Dijon Sauce</p> <p><b>Seitan Stroganoff (vegan)</b> Mushrooms in Creamy Dijon Sauce</p> <p><b>Egg Noodles (v)</b></p>	<p><b>Thai Curry Chicken (gf, df)</b> Simmered in Red Coconut Curry</p> <p><b>Thai Tofu Curry (gf, vegan)</b> Simmered in Red Coconut Curry</p> <p><b>Bok Choy, Carrots &amp; Tomato (gf, vegan)</b></p> <p><b>Aromatic Thai Rice (gf, vegan)</b></p>	