### Schedule

- **Monday**
  - Lunch: Comforting Cracker, Crusted Cod, Fennel Crusted Pork Chops, Black Bean Simmer
  - Dinner: Grilled Chicken Breast w Creole Sauce, Balsamic Rosemary Steak Tips, Creole Vegetable Jambalaya

- **Tuesday**
  - Lunch: Sweet & Sour Pork, Chicken Drumsticks, Italian Quinoa w Tofu
  - Dinner: Grilled Chicken Thighs w Thai Green Curry Sauce, Grilled Thai Style Tofu, Striploin Steak

- **Wednesday**
  - Lunch: Butter Chicken, Beef Shepherds Pie, Roadside Curried Chickpeas
  - Dinner: Chicken Cordon Bleu, Ratatouille Tofu, Cremini Mushroom Wellington

- **Thursday**
  - Lunch: Chorizo Sausage Veg Toss, Vegetable Enchilada w Red Enchilada Sauce, White Cheddar Mac&Cheese
  - Dinner: Fried Chicken, Crispy Tofu w Broccoli Pesto Sauce, Mediterranean Vegetable Lasagna

- **Friday**
  - Lunch: Shake & Bake Pork Chops, Dynamite Chicken, Sweet Ginger Tofu w Pak Choi
  - Dinner: Arros con Polo, Broiled Salmon w Creamy Spinach Filling, Quinoa Stuffed Peppers

- **Saturday**
  - Lunch: Ginger Beef, Chicken Pot Pie, Meatless Bean Goulash
  - Dinner: Chicken Parmesan, Herb Crusted Pork Chops, Squash & Barley Risotto

- **Sunday**
  - Lunch: Orange Ginger Chicken, Tuscan Beans w Rosemary, Cheese Tortellini w Sundried & Fresh Tomato Salsa
  - Dinner: Rosemary Roasted Chicken Breast, Smokey Vegetable Feijoada, Roasted Mushroom Ravioli w Sautéed Mushroom & Onion Sauce

### October 19-25 Cycle 6

- **Soup & Salads**
- **Fresh Smoothies**
- **Eggs Made to Order**
- **Plus a Variety of Chef Selections**

### Notice

- All items are weighed ($1.15/100g) unless indicated otherwise.
- Menu items are subject to change.

- Made without Gluten
- Vegan