November

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Tomato Basil Soup Grilled Cheese Grilled Vegetable Sandwich Roasted Zucchini with Garbanzo Beans Chipotle Roasted Potato	**3** White Bean Rosemary Soup Beef Meatballs Quinoa Cauliflower "Meatballs" Roasted Green Bean Pasta with Marinara	**4** Minestrone Soup Generall Tso's Chicken General Tso's Tofu Steamed Broccoli and Carrots Jasmine rice	**5** Vegetarian Vegetable Steak Fajita Vegetable Fajita Black Beans and Corn Fiesta Rice	**6** Lentil Soup Chicken Florentine Pizza Cheese Pizza Vegetable Pizza Roasted Squash and Mushrooms
9 Split Pea Soup Cheese Tortellini Basil Pesto Marinara Sauce Roasted Broccoli	**10** Curried Carrot and Apple Soup Chicken Tikka Masala Sweet Potato Chana Masala Green Peas and Carrots Basmati Rice	**11** Vegetable Tortilla Ground Beef Chili Lentil and Vegetable Chili Roasted Mixed Vegetables White Rice	**12** Egg Drop Soup Chicken Teriyaki Tofu Teriyaki Vegetable Fried Rice Sauteed Bok Choy	**13** Chicken Noodle Soup Cheese Pizza Pepperoni Pizza Pesto Pizza Mixed Vegetables
16 Tuscan White Bean Baked Ziti Pasta with Arugula and Tomato Autumn Vegetables	**17** Black Bean Chili Chicken Tinga Chipotle Roasted Tofu Pinto Beans Tomato and Cilantro Rice	**18** Tortilla Vegetable Soup Baked Salmon with Chimichurri Sauce Mojo Baked Portobello Roasted Rosemary Garlic Potato Sauteed Zucchini	**19** Chicken Orzo Soup Chicken Tenders Lentil Nuggets Quinoa Pilaf Lemon Garlic Green Beans	**20** Lentil Soup Pizza Bianca Cheese Pizza Pepperoni Pizza Sauteed Broccoli
23 Vegetable Barley Pasta with Mushroom Bolognese Pasta with Marinara Sauce Oven Roasted Vegetables	**24** Butternut Squash Soup Roasted Turkey Breast Mashed Potatoes Green Bean Casserole Cranberry Sauce	**25** SCHOOL CLOSED	**26** SCHOOL CLOSED	**27** SCHOOL CLOSED
30 Tomato Basil Soup French Toast Sticks Egg and Cheese Frittata Asparagus Frittata Potato Home Fries				

Gluten Free and Vegan Options available

Menu items are subject to change

ELIOR NORTH AMERICA