

# FALL MENU 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p><b>CHICKPEA SOUP</b> Olive oil, garlic, salt &amp; petter, vegetable broth, quinoa, chickpeas, black beans, tomatoes, corn</p> <p><b>PESTO PASTA SALAD</b> Rice pasta, basil, garlic, olive oil, salt &amp; pepper, lemon juice, cucumber,</p> <p><b>SWEET POTATO CHIPS</b> FRESH FRUIT</p>	<p><b>VEGITABLE &amp; CHEESE SPELT PIZZA</b> Peppers and broccoli (GF/DF available)</p> <p><b>HARD BOILED EGGS</b></p> <p><b>VEGETABLES STICK</b></p> <p><b>FRESH FRUIT</b></p>	<p><b>VEGETABLE STIR-FRY WITH NOODLES</b> Green onion, carrot, ginger, garlic, peppers, zucchini, bok-choy, edamame, tamari</p> <p><b>CUCUMBER SALAD</b> Lemon juice, parsley, salt &amp; petter, olive oil, oregano, honey</p> <p><b>FRESH FRUIT</b></p>	<p><b>CHICKPEA CURRY WITH BASMATI RICE</b> Onion, chili powder, garlic, ginger, coriander, cumin, garam masala, tomato puree, chopped tomatoes, coconut milk, parsley, spinach</p> <p><b>ROMAINE SALAD</b> Spring mix, mandarins, cranberry, olive oil, rice vinegar, salt &amp; pepper, honey, tamari</p> <p><b>FRESH FRUITS</b></p>	<p><b>BUTTERNUT MAC &amp; CHEESE</b> Rice pasta, butternut squash, cream/coconut milk, parsley (DF available)</p> <p><b>FRESH SALAD</b></p>
WEEK 2	<p><b>RED LENTIL SOUP</b> Onion, parsley, carrot, leek, celery, garlic, vegetable stock, salt &amp; pepper</p> <p><b>SPELT BREAD</b></p> <p><b>ROMAINE SALAD</b> Romaine lettuce, carrot, raisin, olive oil, apply cider vinegar, honey, thyme, garlic, salt &amp; pepper (DF/GF available)</p> <p><b>FRESH FRUIT</b></p>	<p><b>BEAN &amp; CHEESE QUESADILLA</b> Pinto beans, carrots, celery, onion, olive oil, garlic, basil, oregano (GF wrap)</p> <p><b>HUMMUS RICE PASTA SALAD</b> Chickpeas, olive oil, salt &amp; pepper, kale, lemon juice, garlic, tomatoes</p> <p><b>FRESH FRUIT</b></p>	<p><b>SINGAPORE NOODLES</b> Curry powder, rice noodles, turmeric, olive oil, turmeric, carrot, celery, peppers, onions, edamame</p> <p><b>BOILED EGGS</b></p> <p><b>VEGITABLE STICKS</b></p> <p><b>FRESH FRUIT</b></p>	<p><b>VEGETARIAN CASSEROLE</b> Olive oil, onion, garlic, paprika, cumin, thyme, carrot, celery, peppers, diced tomatoes, vegetable stock, zucchini, lentils</p> <p><b>PERSIAN RICE</b> Onion, turmeric, cumin, garam masala, cinnamon, basmati rice, diced tomatoes, vegetable stock, salt, pepper</p> <p><b>FRUIT SALAD</b></p>	<p><b>RICE PASTA WITH TOMATO VEGETABLE SAUCE</b></p> <p><b>ROMAINE SALAD</b> Romaine lettuce with chopped vegetables, olive oil, balsamic, basil, sat &amp; pepper</p> <p><b>FRESH FRUIT</b></p>
WEEK 3	<p><b>BLACKBEAN &amp; SWEET POTATO SOUP</b> Olive oil, onion, celery, leek, carrot, peppers, salt &amp; pepper, tomato, garlic, paprika, coriander, bay leaves, black beans, sweet potato, parsley</p> <p><b>BREAD &amp; BUTTER</b> (DF/GF available)</p> <p><b>VEGETABLE STICKS</b> FRESH FRUIT</p>	<p><b>SPELT PIZZA WITH SAUSAGE &amp; PEPPER</b> (DF/GF available)</p> <p><b>GARDEN CHICKPEA &amp; QUINOA SALAD</b> Cumin, chopped tomato, lemon juice, olive oil, garlic, chickpeas, carrot, zucchini, green onion, parsley, mixed greens</p> <p><b>FRESH FRUIT</b></p>	<p><b>VEGETABLE FRITTATA WITH LEEK, BROCCOLI, PEPPERS &amp; CHEESE</b></p> <p><b>ROASTED SWEET POTATOES</b></p> <p><b>CAESAR SALAD WITH CROUTONS/GF CROUTONS</b></p> <p><b>FRESH FRUIT</b></p>	<p><b>RED LENTIL &amp; VEGETABLES DAHL WITH BASMATI RICE</b> Olive oil, bay leaf, onion, garlic, chopped tomatoes, ginger, turmeric, garam masala, sweet potatoes, green beans</p> <p><b>YOGURT</b></p> <p><b>FRUIT SALAD</b></p>	<p><b>CAULIFLOWER ALFREDO CHEESE</b> Chopped tomato, cucumber, peppers, broccoli, green onion with romaine</p> <p><b>FRESH FRUIT</b></p>
WEEK 4	<p><b>COCONUT CURRY VEGETABLE SOUP</b> Olive oil, celery, carrot, garlic, ginger, curry powder, turmeric, vegetable broth, coconut milk, sweet potato, salt &amp; pepper, chickpeas</p> <p><b>SPELT BREAD</b> <b>BOILED EGGS</b></p> <p><b>ROMAINE SALAD</b> Romaine lettuce, spring mix, avocado, tomato, cucumber, green onion, olive oil, oregano, salt &amp; pepper, vinegar</p> <p><b>FRESH FRUITS</b></p>	<p><b>SOUTHWEST VEGGIE QUESADILLAS</b> Olive oil, peppers, black beans, corn, onion, garlic, cumin, chili powder, salt &amp; pepper, cheese (GF tortillas)</p> <p><b>RICE PASTA &amp; VEGETABLES</b></p> <p><b>YOGURT</b></p> <p><b>FRESH FRUIT</b></p>	<p><b>PAD THAI NOODLES</b> Rice noodles, honey, tamari, rice vinegar, lime juice, olive oil, carrots, peppers, green onion</p> <p><b>EGG STRIPS/CHICKPEAS</b></p> <p><b>MANGO LENTIL SALAD</b> Lentils, mango, green onion, garlic, cinnamon, coriander, lime juice, olive oil, parsley, salt &amp; pepper</p> <p><b>FRESH FRUIT</b></p>	<p><b>VEGETARIAN SHEPHERDS PIE WITH POTATO &amp; SWEET POTATO TOPPING</b> Onion, carrots, garlic, celery, coriander, olive oil, thyme, balsamic, vegetable stock, lentils, chickpeas, parsley</p> <p><b>CUCUMBER SALAD</b></p> <p><b>FRESH FRUIT</b></p>	<p><b>LENTIL SPAGETTI BOLOGNESE</b> Onion, leek, carrots, celery, cauliflower, zucchini, crushed tomatoes, oregano, salt &amp; pepper</p> <p><b>CHEESE/DF CHEESE</b></p> <p><b>FRUIT SALAD</b></p>