

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Breaded Fish Sweet Potato Cole Slaw WW Roll Milk, Juice, Fruit	2 White Bean Soup Tofu Broccoli Curry Brown Rice Spinach Salad Milk, Juice, Fruit	3 Fish w/Garlic Sauce Lo Mein Roasted Broccoli Milk, Juice, Fruit	4 Minestrone Soup Baked Ziti Mixed Vegetables Garlic Bread Milk, Juice, Fruit	5 Baked Salmon Pasta w/Kasha Zucchini & Peas Milk, Juice, Fruit
8 Crunchy Sole Beet Salad Roasted Garlic Mashed Potato Milk, Juice, Fruit	9 Vegetable Soup Chickpea Stew Brown Rice Cauliflower Milk, Juice, Fruit	10 Baked Fish w/ Garlic Crumb Topping Couscous w/ Peas Baby Carrots Milk, Juice, Fruit	11 Lentil Soup Cheese Pizza Spinach, Apple, Red Onion Salad Milk, Juice, Fruit	12 Sesame Salmon Lo Mein Sauteed Bok Choy Milk, Juice, Fruit
15 Breaded Fish Bulgar Salad Baked Potato Wedges Milk, Juice, Fruit	16 Mushroom Barley Soup Eggplant Parm Penne Italian Vegetable Milk, Juice, Fruit	17 Salmon w/ Garlic Butter Couscous Baby Carrots Milk, Juice, Fruit	18 Lentil Soup Bean Burrito Mexican Rice Cucumber Chick Pea Salad Milk, Juice, Fruit	19 Sweet and Sour Baked Fish Yellow Rice Asian Cabbage Milk, Juice, Fruit
22 Crispy Pollock Sweet Potato Cabbage Carrot Slaw Milk, Juice, Fruit	23 White Bean Soup Tofu Broccoli Curry Brown Rice Spinach Salad Milk, Juice, Fruit	24 Fish w/ Garlic Sauce Lo Mein Roasted Broccoli Milk, Juice, Fruit	25 Minestrone Soup Baked Ziti Mixed Vegetables Garlic Bread Milk, Juice, Fruit	26 Baked Salmon Pasta w/ Kasha Zucchini w/ Peas Milk, Juice, Fruit
29 Breaded Sole Beet Salad Roasted Garlic Mashed Potato Milk, Juice, Fruit	30 Vegetable Soup Chick Pea Stew Brown Rice Cauliflower Milk, Juice, Fruit	31 Baked Fish w/ Garlic Crumb Topping Couscous w/ Peas Baby Carrots Milk, Juice, Fruit	<h1>October 2018 Lunch Menu</h1>	