

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1 style="text-align: center;">November 2018</h1> <h2 style="text-align: center;">Lunch Menu</h2>			1	2
			Lentil Soup Cheese Pizza Spinach Salad Milk, Fruit	Baked Fish Yellow Rice Asian Cabbage Milk, Fruit
5	6	7	8	9
Breaded Fish WW Roll Cabbage Carrot Slaw Baked Sweet Potato Milk, Fruit	Tofu Broccoli Curry Brown Rice Baby Spinach Salad Milk, Fruit	Baked Fish Lo Mein Broccoli Milk, Fruit	Minestrone Soup Baked Ziti Garlic Bread California Blend Vegetables Milk, Fruit	Baked Salmon Bowtie Pasta with Kasha Zucchini and Peas Milk, Fruit
12	13	14	15	16
Breaded Sole Fillet WW Bread Garlic Mashed Potatoes Beet Salad Milk, Fruit	Vegetable Soup Chickpea Stew Brown Rice Cauliflower Milk, Fruit	Baked White Fish Couscous with Peas Baby Carrots with Parsley Milk, Fruit	Lentil Soup Cheese Pizza WW Roll Spinach, Apple and Red Onion Salad Milk, Fruit	Citrus Sesame Crusted Salmon Lo Mein Bok Choy Milk, Fruit
19	20	21	 <p>Center is closed on 11/22 and 11/23</p>	
Breaded Fish Bulgur Salad Baked Red Potato Milk, Fruit	Mushroom Barley Soup Eggplant Parmesan Italian Blend Vegetables Milk, Fruit	Salmon in Garlic Butter Sauce Couscous Baby Carrots Milk, Fruit		
26	27	28	29	30
Breaded Fish WW Roll Cabbage Carrot Slaw Baked Sweet Potato Milk, Fruit	White Bean Soup Tofu Broccoli Curry Brown Rice Baby Spinach Salad Milk, Fruit	Baked Fish Lo Mein Broccoli with Toasted Garlic Milk, Fruit	Minestrone Soup Baked Ziti Garlic Bread California Vegetables Milk, Fruit	Baked Salmon Bowtie Pasta with Kasha Zucchini and Peas Milk, Fruit