

# October 2019 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <b>Happy Rosh Hashanah!</b>  <b>Center Closed</b>	2 Butter Lemon Salmon Lentils Couscous with Peas Garden Salad Milk Fruit	3 Escarole & White Bean Soup WW Cheese Pizza Beet Salad Milk Fruit	4 Butternut Squash Soup Fish Sandwich French Fries Milk, Fruit
7 Baked Breaded Fish WW Roll Garlic Mashed Potatoes Beet Salad, Milk, Fruit	8 Lentil Soup Eggplant Parmesan with Ricotta Pasta Lemon Garlic Escarole Milk, Fruit	9 <b>Yum Kippur!</b>  <b>Center Closed</b>	10 Vegetarian Chili Brown Rice Corn Bread Baby Spinach Salad Milk, Fruit	11 Steamed Salmon with Ginger and Scallions Vegetable Fried Rice Asian Cabbage
14 Tuna Salad WW Roll Salad Fruit and Milk	15 Egg Salad WW Roll Salad Fruit and Milk	16 Minestrone Soup WW Cheese Pizza Tossed Salad with Dressing Milk, Fruit	17 Egg Drop Soup Baked Salmon Lo Mein Broccoli with Toasted Garlic Milk, Fruit	18 Coconut Breaded Fish Brown Rice Stewed Okra & Tomatoes Milk, Fruit
21 Egg Salad WW Roll Salad Fruit and Milk	22 Tuna Salad WW Roll Salad Fruit and Milk	23 Egg Drop Soup Baked Fish with Garlic Sauce Brown Rice California Blend Vegetables Milk, Fruit	24 Stuff Shells with Cheese WW Bread Broccoli with Toasted Garlic Milk, Fruit	25 Apricot Glazed Salmon Brown Rice Chinese Style Steamed Cauliflower Milk, Fruit
28 Eggplant Parmesan with Ricotta Pasta Lemon Garlic Escarole Milk, Fruit	29 Egg Drop Soup Tofu, Brown Rice Broccoli with Teriyaki Sauce Milk, Fruit	30 Veggie Burger Baked Spiced Sweet Potatoes Cabbage Carrot slaw	31 Vegetable Soup Potato Spinach Frittata WW Roll Mixed Green Salad Milk, Fruit	