

# OCTOBER 2

## CHICKEN OR VEGGIE ENCHILADAS

peppers, onions, corn, blackbeans

## ROASTED CORN SALAD

peppers, red onions, cilantro lime vinaigrette

## SPANISH RICE

tomato, onion, spice

# OCTOBER 9



## THANKSGIVING DINNER!

Check out our Thanksgiving dinners!

# OCTOBER 16

## ROASTED PORK LOIN

charred onions, apple

## ROASTED ROOT VEGETABLES

butter, herbs

## MIXED GREEN SALAD

cucumbers, tomatoes, white balsamic vinaigrette

# OCTOBER 23

## BEEF OR VEGETARIAN LASAGNA

bolognese or marinara, mozzarella, asiago, spinach

## CAESAR SALAD

asiago, croutons, bacon

## MIXED GREEN SALAD

cucumbers, tomatoes, white balsamic vinaigrette

## GARLIC BREADS

local bread, garlic, butter

# OCTOBER 30

## CHICKEN CACCIATORE

orzo (or rice, GF option), tomato sauce, spices

## MIXED GREEN SALAD

cucumbers, tomatoes, white balsamic vinaigrette

# WEEKLY MEALS

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