

# November Lunch Menu

A Serving of Fresh Fruit included with Every Meal\*\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> <ul style="list-style-type: none"> <li>Corn Dog &amp; Corn on the Cob</li> <li>Veggie Dog on a Bun &amp; Corn on the Cob</li> </ul>
<b>4</b> <ul style="list-style-type: none"> <li>Chicken &amp; Vegetable Noodle Soup with Crackers</li> <li>Vegan/GF Vegetable Noodle Soup with GF Crackers</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>Taco Salad with Romaine, Turkey, Black Beans, Tomato, Cheese &amp; Tortilla Strips</li> <li>Vegan/GF Taco Salad with Romaine, Black Beans, Tomato, Cheese &amp; Tortilla Strips</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>Chicken Fried Rice</li> <li>Vegan/GF Tofu Fried Rice</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>Turkey Meatloaf, Seasoned Potatoes &amp; Petite Ciabatta</li> <li>Vegan Lentil Loaf, Seasoned Potatoes &amp; Petite Ciabatta</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>Chicken Nuggets with Coleslaw &amp; Bread Roll</li> <li>Vegan Plant Based Nuggets with Coleslaw &amp; Bread Roll</li> </ul>
<b>11</b> <ul style="list-style-type: none"> <li>Lemon Parsley Chicken Pasta with Peas, Corn &amp; Broccoli</li> <li>Vegan/GF Lemon Parsley Chickpea Pasta with Peas, Corn &amp; Broccoli</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>Bean &amp; Cheese Flautas with Pico de Gallo</li> <li>Vegan Bean &amp; Cheese Flautas with Pico de Gallo</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>Chicken &amp; Potato Adobo</li> <li>Vegan/GF Lentil &amp; Potato Adobo with Rice</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>Masala Chicken &amp; Vegetables with Pita</li> <li>Vegan Masala Tofu &amp; Vegetables with Pita</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>Turkey Shepard's Pie with Mixed Veggies</li> <li>Vegan/GF Lentil Shepard's Pie with Mixed Veggies</li> </ul>
<b>18</b> <ul style="list-style-type: none"> <li>Potato &amp; Cannellini Bean Chowder with Petite Ciabatta</li> <li>Vegan Potato &amp; Cannellini Bean Chowder with GF Breadstick</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>Black Bean Chipotle Burrito Bowl with Guacamole</li> <li>Vegan Black Bean Chipotle Burrito Bowl with Guacamole</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>Mixed Vegetable Chinese Sunbutter Noodles</li> <li>Vegan/GF Chinese Sunbutter Rice Noodles</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>Roasted Turkey with Mashed Potatoes &amp; Cranberry Sauce with Bread Roll</li> <li>Vegan Roasted Tempeh with Mashed Potatoes &amp; Cranberry Sauce with Bread Roll</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>Turkey Cheeseburger &amp; Tater Tots</li> <li>Vegan/GF Black Bean Cheeseburger &amp; Tater Tots</li> </ul>
<b>25</b> <ul style="list-style-type: none"> <li>Pasta Alfredo with Roasted Vegetables</li> <li>Vegan/GF Pasta Alfredo with Roasted Vegetables</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>Baked Black Bean &amp; Cheese Enchilada Casserole</li> <li>Vegan/GF Baked Black Bean &amp; Cheese Enchilada Casserole</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>Japanese Chicken Curry with Brown Rice &amp; Mixed Veggies</li> <li>Vegan/GF Japanese Curry Tofu with Brown Rice &amp; Mixed Veggies</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>Thanksgiving Day</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>Closed</li> </ul>

\*Vegetarian/Vegan Alternative

\*\*Mon – Mandarin, Tue – Banana, Wed – Sliced Apple, Thurs – Orange Wedges, Friday – Pear or Melon