

## October Menu

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| <p>Available October 2-5:</p> <p>Turkey &amp; cheese wrap/egg salad</p> <p>Side: Chicken noodle soup, cut veggie dip, parfait</p>                                                                                                                       | <p>Available October 10-13</p> <p>Roast beef sandwich/ veg wrap</p> <p>Side: Potato leek soup and veg salad / ice cream cup</p>                                                                                                                              |
| <p>Monday : Cheese pizza with cut veg hummus</p> <p>Tuesday: Veggie Lasagna with garlic toast</p> <p>Wednesday : Buffalo chicken Taquitos&amp; sour cream with cut veg hummus</p> <p>Thursday : chicken Stir fry chow mien with steam veg</p>           | <p>Tuesday: Creamy chicken tri-color tortellini with salad</p> <p>Wednesday : Grilled cheese panini with salad</p> <p>Thursday : Teriyaki chicken and rice with steam veg</p>                                                                                |
| <p>Available October 16-19</p> <p>Chicken and cheese wrap / ham &amp; cheese sandwich</p> <p>Side : Minestrone soup, steam veg. cookies</p>                                                                                                             | <p>Available October 23-27</p> <p>Chicken salad Wrap / egg salad</p> <p>Side: Cream of mushroom , mixed grape and cheese/ <i>freeze pop ( for approval)</i></p>                                                                                              |
| <p>Monday : Cheese pizza with cut veg &amp; hummus</p> <p>Tuesday: Meat ball sub with marinara sauce with steam veg</p> <p>Wednesday : Beef Taquitos &amp; sour cream with cut veg hummus</p> <p>Thursday : Meatball with wedge , gravy &amp; salad</p> | <p>Monday : Cheese pizza with cut veg hummus</p> <p>Tuesday: : Beef Lasagna with garlic toast with cut veg sour cream</p> <p>Wednesday : Cheese burger(lettuce &amp; tomato) with wedge</p> <p>Thursday : stir fry Thai chicken noodle with veg dumpling</p> |

Drinks : Water , chocolate milk , white milk , sparkling water (bubbly) /

Side : yogurt