



## CHEF'S MENU

### PLANT BASED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 OCT	29 OCT	30 OCT	31 OCT	01 NOV No Lunch Snack Only
04 NOV <b>Vegan Macaroni</b> Garden Salad, Fresh Seasonal Fruit	05 NOV <b>Baked Breaded Veggie Sticks</b> Green Salad, Fresh Seasonal Fruit	06 NOV <b>Veggie Noodle Stir Fry</b> Cucumber Salad, Fresh Seasonal Fruit	07 NOV <b>Vegan Lasagna</b> Garden Salad, Fresh Seasonal Fruit	08 NOV No Lunch Snack Only
11 NOV <b>Pasta Alfredo</b> Green Salad, Fresh Seasonal Fruit	12 NOV <b>Vegetable Kebab with Pita</b> Yogurt Sauce, Green Salad, Fresh Seasonal Fruit	13 NOV <b>Shepherd's Pie</b> Garden Salad, Fresh Seasonal Fruit	14 NOV <b>Veggies with Sweet and Sour Sauce</b> Rice, Arbor Salad, Fresh Seasonal Fruit	15 NOV No Lunch Snack Only
18 NOV <b>Pizza</b> Garden Salad, Fresh Seasonal Fruit	19 NOV <b>Roasted Root Vegetables</b> Potato Wedges, Winter Green Salad, Fresh Seasonal Fruit	20 NOV <b>Veggie Kofte Pitas</b> Rice, Mixed Green Salad, Fresh Seasonal Fruit	21 NOV <b>Vegetarian Satay</b> Thai Noodle Salad, Fresh Seasonal Fruit	22 NOV No Lunch Snack Only
25 NOV <b>Fusilli with Autumn Vegetable Sauce</b> Garden Salad, Fresh Seasonal Fruit	26 NOV <b>Vegan Sliders</b> Potato Salad, Fresh Seasonal Fruit	27 NOV <b>Japanese Assorted Yakitori</b> Steamed Rice, Japanese Salad, Fresh Seasonal Fruit	28 NOV <b>Vegan Pot Pie</b> Arbor Salad, Fresh Seasonal Fruit	29 NOV No Lunch Snack Only

