

Monday, September 22

White Bean and Italian Sausage (GF/D)

Note: Optional Parmesan Garnish

Roasted Garlic and Chard (GF/DF/OF/VE) ↓

Tuesday, September 23

Split Pea and Ham (GF/DF)

Zucchini and Watercress (GF/DF/OF/VE) ♦↓

Wednesday, September 24

Turkey and Wild Rice (GF/D) ♦

Wild Mushroom (GF/DF/OF/VE) ↓

Thursday, September 25

Spanish Chicken and Rice (GF/D)

Spiced Carrot and Tahini (GF/DF/OF/VE)

Friday, September 26

New England Clam Chowder (D)

Vegetable Barley (DF/OF/VE)

Saturday, September 27

Chicken and Dumpling (D)

Tomato Basil Bisque (GF/D/OF/VG)
