



Monday, November 3

Five-Spice Chicken Noodle (DF/A) ↓

Cabbage, Mushroom and Rice (GF/DF/OF/VE/A) ↓

Tuesday, November 4

German Goulash (D)

Colcannon (GF/DF/OF/VE) ▼↓

Wednesday, November 5

Turkey Noodle (DF) ↓

Leek and Fennel (GF/DF/OF/VE) ↓

Thursday, November 6

Spanish Chicken and Rice (GF/D)

Lentil and Root Vegetable (GF/*DF/OF/VE)

*Note: Parmesan Topping Optional

Friday, November 7

Manhattan Clam Chowder (GF/D) ♦↓

Vegetable Quinoa (GF/DF/OF/VE) ↓

Saturday, November 8

Ultimate Baked Potato (D)

Thai Coconut Tomato (GF/DF/OF/VE) ♦