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**Monday, October 13**

**Cauliflower and Cheese (GF/D/VG) ♦**  
**Roasted Garlic and Chard (GF/DF/OF/VE) ↓**

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**Tuesday, October 14**

**Parsnip and Apple (GF/DF/OF/VE) ▼↓**  
**Potato and Kale (GF/DF/OF/VE) ♦↓**

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**Wednesday, October 15**

**Cock-a-Leekie (GF/D) ♦**  
**Fall Garden Vegetable (GF/DF/OF/VE) ↓**

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**Thursday, October 16**

**Bean and Bacon (GF/DF)**  
**Carrot, Fennel and Potato (GF/DF/OF/VE) ♦↓**

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**Friday, October 17**

**New England Clam Chowder (D)**  
**Borscht (GF/\*DF/OF/VE) ♦↓**  
**\*Note Dairy Topping Optional**

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**Saturday, October 18**

**Chicken and Wild Rice (D)**  
**Creamy Tomato (GF/D/OF/VG)**

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