

Monday, October 5

Kielbasa & Cabbage (GF/DF) ♦

Moroccan Chickpea (GF/DF/OF/VE)

Tuesday, October 6

Turkey Noodle (DF) ↓

Lentil & Root Vegetable (GF/*DF/OF/VE) ↓ Note: Dairy Optional

Wednesday, October 7

White Bean & Italian Sausage (GF/*D) Note: Parmesan Topping Optional

Mushroom Barley (DF/OF/VE)

Thursday, October 8

Broccoli & Cheddar (D)

Roasted Cauliflower (GF/DF/OF/VE) ↓

Friday, October 9

Salmon Chowder (D)

Three Bean (GF/DF/OF/VE)

Saturday, October 10

Corn Chowder (GF/DF/OF/VE/Nuts) ↓

Thai Coconut Tomato (GF/DF/OF/VE) ♦
