10/14-10/18	MONDAY	TUESDAY	OCTOBERFEST	THURSDAY	FRIDAY
LUNCH IGGY'S Dish	**Slice Pork Roast with Apple Au Jus**(GF) **Sun-Dried Tomato, Artichoke & Chedder Quiche** **Citrus Salmon**(GF) **Meatballs** Steamed Broccoli**(GF)(V)** Glazed Carrots**(GF)(V)** Mash Potatoes Mac & Cheese	**Beef & Broccoli**(GF) **General Tso Chicken** **Vietnamese Pork Chops** **Chinese Fried Wings** Vegetable Stir Fry Steamed Napa Cabage**(GF)(V)** Jasmine Rice Mac & Cheese	**Beef & Guiness Stew** **Bratwurst** **Chicken Schnitzel** **Sausage & Peppers** Red Cabbage**(GF)(V)** Butternut Squach Gratin Parsley Potatoes Mac & Cheese	**Lemon Garlic Broiled Cod** **Maple Mustard Glaze Raosted Pork**(GF) **Roasted Chicken**(GF) **Lasagna** Braised Greens**(GF)(V)** Sweet Peas & Corn Mash Potatoes Mac & Cheese	**Seafood Chowder Bread Bowl** **Autumn Pork Stew Bread Bowl** **Squash Bowls with Quinao & Spinach(GF)(V)** **Chicken Parm** Pesto Parm Tomatoes**(GF)** Zuccinhni Toast Mash Potatoes Mac & Cheese
DINNER IGGY'S Dish	**Chicken Pot Pie** **Roast Beef**(GF) **Four Cheese Baked Ziti** **Sausage & Peppers** Green Beans**(GF)(V)** Roasted Vegetables**(GF)(V)** Mash Potatoes Mac & Cheese	**Fried Chicken** **Rosemary Rubbed Roasted Beef**(GF) **Fried Cod** **Lasagna** Glazed Root Vegetables**(GF)(V)** Kale**(GF)(V)** Mash Potatoes Mac & Cheese	**Rosemary Chicken Kabobs** **Middle Eastern Beef Stew** **Mushroom and Pepper Cornmeal Tart**(GF)(V) **Chicken Parm** Spinach**(GF)(V)** Crusted Butternut Squash Mash Potatoes Mac & Cheese	**Sliced Beef Au Jus** **Stewed Chicken** **Baked Mushroom Risotto** **Meatballs** Brussel Sprouts**(GF)(V)** Sauteed Mushroom,Peppers & Onions**(GF)(V)** Mash Potatoes Mac & Cheese	**Marinated Grilled Chicken Breast** **Italian Style Pork Loin** **Tortellini in Pesto Cream** **Sausage & Peppers** Roasted Squash**(GF)(V)** Steamed Califlower**(GF)(V)** Mash Potatoes Mac & Cheese
ALLERGY SAFE ZONE	**Stewed Chicken**(GF) **Fried Pork**(GF) **Chickpea Fritter**(GF)(V) Roasted Squash**(GF)(V)** Rice Pilaf**(GF)(V)**	**Whole Grain Mustard Chicken**(GF) **Grilled Steak**(GF) **Eggplant Croquette**(GF)(V) Broccoli Rabe**(GF)(V)** Steamed Rice**(GF)(V)**	**Baked Stuffed Flounder**(GF) **Fried Chicken**(GF) **Root Vegetable Sheperd Pie**(GF)(V) Marinated Beets**(GF)(V)** Wild Rice**(GF)(V)**	**Grilled Beef**(GF) **Grilled Chicken**(GF) **Savory Squash & Apple Cakes**(GF)(V) Asparagus**(GF)(V)** Basmati Rice**(GF)(V)**	**Asian Style Turkey**(GF) **Fried Fish**(GF) **Squash Frittata**(GF)(V) Saffron Roasted Califlower**(GF)(V)** Brown Rice**(GF)(V)**
fresh STOCK	**Vegetable Gumbo(GF)** Turkey Chili(GF)	**Chicken & Rice(GF)** Three Bean Chili(GF)	**German Leek & Potato** Cream of Chicken	**Tomato Florentine(GF)(V)** French Onion	**Cream of Wild Mushrooms** Spicy Black Bean(GF)(V)
NEWMAN DELI	**Turkey Bacon Swiss** **Rachel** Turkey, Swiss, Saukraut, Russian Dressing **Brie & Apple** Dijon, Brie, Apple, caramelied onions, bacon	**Turkey Bacon Swiss** **Meatball Marinara** Meatballs, Marinara, Mozzarella Cheese **Hawaiian Chicken** Teryaki Chicken, pineapple,White onion	**Turkey Bacon Swiss** **Chicken Parm** Breaded Chicken, Marinara, Mozzarella **Chicken Chesapeake** Chicken, crab dip, american cheese, oldbay seasoning	**Turkey Bacon Swiss** **Italian Sausage** Butterflied italian Sausage links, peppers, onions, marinara **Rueben** Pastrami, Swiss, Saurkraut, Russian Dressing	**Turkey Bacon Swiss** **Raspberry Turkey** Jerk Turkey, Raspeberry, cheddar cheese,tomato, red onion. **Chicken Alfredo Florentine** Chicken Alfredo sauce, Sredded cheese, spinach