






Week 3

11/18-11/22	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LUNCH</p> 	<p>Sofrito Chicken(GF)</p> <p>Pot Roast Pork Roast(GF)</p> <p>Sasuage and Peppers(GF)</p> <p>Steamed Broccoli(GF)(V) Roasted Root Vegetable(GF)(V)</p> <p>Mac & Cheese Roasted Rosemary Red Bliss</p>	<p>Farm Raised Capon Chicken(GF)</p> <p>Lemon Tilapia(GF) Beef Ravioli</p> <p>Meatballs</p> <p>Brussel Sprots(GF)(V) Spaghetti Squash(GF)(V)</p> <p>Mac & Cheese Mash Potatoes w/ Leeks</p>	<p>Beef Stew Pie</p> <p>Chicken Salapine Cod Itailiano(GF)</p> <p>Lasagna</p> <p>Roasted Yellow & Green Squash Broccoli & Califlower Medly</p> <p>Garlic Tossed Penne Itailian Rice Pilaf</p>	<p>Thanksgiving Roast Turkey/ CB Dressing</p> <p>Baked Ham Roast Brisket</p> <p>Mushroom Pot Pie</p> <p>Roasted Fall Squash Maple Dill Carrots(GF)(V)</p> <p>Dutches Potatoes Mac & Cheese</p>	<p>Chipotle Roasted Chicken</p> <p>Beef Burrito</p> <p>Chicken Parm</p> <p>Braised Kale(GF)(V) Pan Roasted Califlower With Walnuts & Raisns(GF)</p>
<p>DINNER</p> 	<p>Chicken Adobo(GF)</p> <p>Broiled Tilipa Mushroom Strudal</p> <p>Lasagna</p> <p>Green Beans with Shallots(GF)(V) Safron Roasted Califlower(GF)(V) Thyme & Cream Cheese Mashed Safron Rice</p>	<p>Fried Catfish Nuggets</p> <p>Fried Chicken Wings Pork Crokettts</p> <p>Sauage & Peppers</p> <p>Collard Greens(GF)(V) Fried Okra Mac & Cheese Mashed Sweet Potatoes</p>	<p>Sliced Beef w/ Thyme Gravy Pineapple Glazed Porkloin Spinach & Roasted Red Pepper Quiche</p> <p>Meatballs</p> <p>Steamed Green Beans(GF)(V) Roasted Mushrooms Basmati Rice(GF)(V) Rosemary Cheddar Mash</p>	<p>Ancho Chili Flank Steak Sweet n Sour Chicken Asian Style Porkloin</p> <p>Chicken Parm</p> <p>Braised Broccoli(GF)(V) Maple Ginger Roasted Vegetables(GF) Potato Gratin Rice Pilaf</p>	<p>Grilled Chicken w Sundried Tomatoes & Spinach(GF) Lemon Parmesan Pollack(GF) Corn & Veggie Enchilada Pie</p> <p>Spanish Meatballs</p> <p>Creamed Spinach Yellow Squash Cassarole Patatas Fritas(Fried Potatoes) Yellow Spanish Rice</p>
	<p>Grill Tilapia (GF) Sea Salt Roasted Chicken Spicy Black Bean Cake(GF)V</p> <p>Garlic Tossed Brown Rice Rotini(GF)(V)</p> <p>Curry Fingerling Potato(GF)(V) Safron Rice(GF)(V)</p>	<p>Tarragon Beef(GF) Orange Glazed Pork Tips(GF)</p> <p>Chick Pea and Sweet Potato Cake(GF)</p> <p>Brown Rice(GF)(V) Curry Vegetable(GF)(V) Green Beans(GF)(V)</p>	<p>Jerk Tilapia(GF) Grill Tofu(GF)</p> <p>Quinoa & Spinach Cake(GF)(V)</p> <p>Roasted Sweet Potato(GF)(V) Chipotle Roasted Vegetable(GF)(V) Basmati Rice(GF)(V)</p>	<p>Curried Chicken(GF) Ginger Beef(GF)</p> <p>Pumkin Fritters(GF)(V)</p> <p>Fried Mafungo(GF)(V) Braised Cabbage(GF)(V) Red Bean & Rice(GF)(V)</p>	<p>Grill Thai Chiken Thighs(GF) Grilled Salmon(GF)</p> <p>Lentil & Leek Cake(GF)V</p> <p>Herb Baked Polenta(GF)(V) Roasted Pumkin(GF)(V) Fall Rice(GF)(V)</p>
	<p>White Bean & Spinach</p> <p>Buffalo Chicken</p>	<p>Cream of Turkey</p> <p>Mushroom Barley</p>	<p>White Bean & Chicken Chili</p> <p>Beef Vegetable</p>	<p>Spicy Black Bean Chili</p> <p>Cream of Broccoli</p>	<p>Rhode Island Clam Chowder</p> <p>Chicken Tortellini</p>
	<p>Turkey Bacon Swiss</p> <p>Chicken Fajita Chicken, caramelized onions, peppers, jack cheese, sour cream spread</p>	<p>Turkey Bacon Swiss</p> <p>Portabella Panini Balsamic Vinegar, Portabella mushroom, steak seasoning,RR peppers, tomatoes</p>	<p>Turkey Bacon Swiss</p> <p>Pulled Pork Pulled Pork, cheddar cheese, cabbage</p>	<p>Turkey Bacon Swiss</p> <p>Hawaiian Chicken Teryaki Chicken, pineapple,White onion</p>	<p>Turkey Bacon Swiss</p> <p>Chicken Parm Breaded Chicken, Marinara, Mozzarella</p>