



Monday October 26

Panko Chicken Tenders

(v) Coconut Crusted Tofu

Herb Pilaf & Ginger Carrot

Tuesday October 27

Braised Beef Sandwich

(v) Italian Portobello Vegetable Sandwich

Potato Salad

Wednesday October 28

Shrimp Fajitas

(v) Veggie Fajitas

Red Rice & Beans

Thursday October 29

Chicken Parmesan

(v) Eggplant Parmesan

Herb Pasta & Green Beans

Friday October 30

Santa Maria Tri Tip

(v) Vegetable Kabob

Yukon Potatoes & Cauliflower