

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST			Gluten Free Oats Cinnamon Ginger Baked Apples Veggie and Turkey Bacon Frittata Veggie and Fakin' Bacon Frittata Home fries Ginger Scones	Gluten Free Oats Buck "Beet" Pancakes Gluten Free Beet Pancakes Apple Pear Compote Cocoa Hazelnut Spread Baked Grapefruit	Gluten Free Oats Egg, Leek, Tarragon, and Chevre Scramble Ginger Tofu Tempeh Potato Sausage Herb Scrambled Tofu Currant Scones	Gluten Free Oats Spinach and Feta Frittata Thai Scrambled Tofu Turkey or Veggie Sausage Roasted Sweet Potatoes Chocolate Banana Muffins	Gluten Free Oats Mushroom, Chard and Swiss Scramble Scrambled Tofu Roasted Fingerling Potatoes Ginger Scones Currant Scones
LUNCH			Autumn Lentil Soup Chicken Pot Pie Root Veggie Pot Pie Brussel Sprouts, Carrots, Tarragon Maple Orange Glazed Yams Kale, Sundried Tomatoes	Coconut Yam Soup House "Fried" Rice Cashew Vegetable Stir Fry Egg Rolls Steamed Edamame Pods Duck Sauce Spice Mustard Sauce	Mushroom Barley Soup BBQ Pulled Turkey or Jackfruit Spinach Mac n' Cheese GF Squash a' Roni Balsamic Brussel Sprouts Steamed Broccoli, Garlic	Carrot Ginger Soup Chickpeas Coconut Curry Vegetable Biryani Baked Delicata Squash Kale, Cumin Seeds House Naan Cucumber Raita	Vegan Creamy Vegetable Soup Wehani & Brown Basmati Rice Acorn Squash, Pecans Collard greens, Pepitas Hearty Chili Corn Bread
DINNER		Borscht Chicken & Apple Sausage, Fennel, Cabbage Veggie Sausage, Fennel, Cabbage Whipped Potatoes Steamed Broccoli Stewed Apples Horseradish Sour Cream Banana Peanut Butter Bread	White Bean Soup Butternut Squash Lasagna Rice Pasta Vegetable Bolognese Vegan Mushroom Cream Sauce Fennel, Sultans, Chili Sauteed Greens Kale Pesto Garlic Bread Vanilla Cake	Creamy Veggie Soup Ove "Fried" Fish or Tofu Tartar & Curry Sauce Steak Fries Braised Greens, Beets Mashed Peas, Chili Mardi Gras Slaw Golden Milk & Cookies	North African Vegetable Soup Braised Sumac Chicken or Tempeh and Lentils Roasted Rice Pilaf Broccoli Rabe Spiced Pumpkin Roasted Cauliflower Chermoula Sauce Pumpkin Welcome Bread	Black Bean Soup Shrimp, Squash and Spicy Cilantro Pesto Tofu, Squash and Spicy Cilantro Pesto Quinoa Corn Pilaf Spiced Carrots Vegan Brownies	