

This Week's Menu Features

November

Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th
Mexican Roasted Chicken with Mexican Rice and Corn Or Mexican Baked Vegetarian Meatball with Mexican Rice and Corn	Chicken Baked Mac & Cheese with Garlic Bread and Vegetables Or Butternut Squash Mac & Cheese with Garlic Bread and Vegetables	Chili Con Carne with rice and Corn Tortilla Chips Or Split Pea Vegetarian Chili with Rice and Corn Tortilla Chips	Sweet and Sour Dice Beef with Lo Mein Noddles and Stir Fry Vegetables Or Sweet and Sour Tofu with Lo Mein Noodles and Stir fry Vegetables	Pan Seared Pollock Filet with Spinach and cream Sauce, Rice and Vegetables Or Mixed Vegetable Strudel with Rice and Vegetables