

plum market® foodservice



September 2019 Gr3-5

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
2 Beef Tacos or Vegetarian Tacos served with Spanish Rice Fresh Fruit and Vegetables	3 Beef Tacos or Vegetarian Tacos served with Spanish Rice Fresh Fruit and Vegetables	4 Pasta with Marinara Sauce or Pasta with Alfredo Sauce served with Parmesan Breadsticks Fresh Fruit and Vegetables	5 Chicken Tikka Masala or Matar Aloo served with Basmati Rice Fresh Fruit and Vegetables	6 Chicken Tenders or Chick'n Tenders served with Buttered Noodles Fresh Fruit and Vegetables	7 8
9 Breaded Chicken Sandwich or Chick'n Sandwich served with Cheesy Potatoes Fresh Fruit and Vegetables	10 Turkey Nachos or Vegetarian Nachos served with Fresh Fruit and Vegetables	11 Beef Lasagna or Vegetarian Lasagna served with Fresh Fruit and Vegetables	12 Asian Style Chicken Wings or Asian Style Tofu served with Vegetable Fried Rice Fresh Fruit and Vegetables	13 Pepperoni Pizza or Cheese Pizza served with Fresh Fruit and Vegetables	14 15
16 Grilled Beef Hamburger or Portobello Mushroom Burger served with Sweet Potato Wedges Fresh Fruit and Vegetables	17 General Tso's Chicken or General Tso's Tofu served with Jasmine Rice Asian Vegetables	18 Cheese Tortellini with Marinara Sauce served with Parmesan Breadsticks Fresh Fruit and Vegetables	19 BBQ Chicken Drumsticks or Fall Protein Power Bowl served with Mashed Potatoes Fresh Fruit and Vegetables	20 Baked Potato Bar served with Angus Beef Chili Broccoli and Cheese Sauce Fresh Fruit and Vegetables	21 22
23 Beef Hot Dogs or Beyond Meat Bratwurst served with Detroit Style Coney Chili Roasted Redskin Potatoes Fresh Fruit and Vegetables	24 Turkey Burritos or Vegetarian Burritos served with Fresh Fruit and Vegetables	25 Spaghetti with Meat Sauce or Spaghetti with Marinara served with Parmesan Breadsticks Fresh Fruit and Vegetables	26 Huli Huli Chicken or Huli Huli Cauliflower served with Coconut Ginger Rice Fresh Fruit and Vegetables	27 Conferences	28 29
30 Grilled Cheese served with Tomato Soup Fresh Fruit and Vegetables					