<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
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</thead>
</table>
| 4   | Ancho Carrot  
     Quesadilla  
     Spanish Rice  
     Refried Beans | 5   | Chicken Noodle  
     Turkey Havarti Sandwich  
     Chips  
     Brussel Sprouts | 6   | Split Pea and Ham  
     Roasted Pork Loin  
     Garlic  
     Mashed Potatoes  
     Sautéed Corn | 7   | Gumbo  
     BBQ Chicken Burger  
     Apple Slaw and Green Beans |
| 11  | Coconut Vegetable  
     Grill Cheese Tomato Soup  
     Steamed Broccoli | 12  | Potato Leek  
     Cheeseburgers  
     Garlic Fries  
     Steamed Green Beans | 13  | Chicken Wild Rice  
     Herb Roasted Chicken  
     Wild Rice Pilaf  
     Glazed Carrots | 14  | Clam Chowder  
     Bronzed Salmon  
     Caesar Salad |
| 18  | Butternut Squash  
     Spaghetti and Marinara  
     Garlic Bread | 19  | Chicken Tortilla  
     Chicken Tinga Burrito Bowl | 20  | Corn Chowder  
     Breakfast for Lunch  
     Eggs, Waffles, Sausage, Breakfast Potatoes | 21  | Black Bean Chorizo  
     Carne asada Burrito Bowl |
| 25  | White Bean Rosemary  
     Basil Pesto Penne Pasta with Roasted with Broccoli and Roasted Peppers | 26  | Red Lentil Soup  
     Beef Gyro  
     Roasted Garlic Potatoes  
     Steamed Vegetables | 27  | Minestrone  
     Chipotle Macaroni and Cheese with Chicken Garden Salad and Fruit | 28  | Chicken and Kale  
     Birria Taco Bowl  
     Ancho Zucchini Cilantro Rice |
| 29  | Gumbo  
     Blackened Chicken Po-Boy  
     Spicy Corn and Roasted Carrots |