MONDAY SEPTEMBER 28
Beef & Bean soup
Chicken Waldorf Wrap, with chunks of cooked chicken celery, apple dried cranberries in a wrap
quinoa, chickpea, broccoli, tomato, red onion, avocado, greens, dressing
Italian meatballs- tomato sauce, focaccia

TUESDAY SEPTEMBER 29
Wild Rice & Chicken Chowder
Hummus with Pita, Olives, and Raw Veggies
Beet and Feta- roasted beet, red onion, tomato, feta, greens, dressing
Baked Tortellini with vegetables in a light garlic cream topped with mozzarella

WEDNESDAY SEPTEMBER 30
Tomato soup
Beef Burrito, beef, rice, beans, pepper jack, salsa, sour cream
Cobb- chicken, bacon, egg, avocado, tomato, cucumber, onion on greens, dressing
beef stew- bannock

THURSDAY OCTOBER 1
Potato & Leek soup
Falafel on pita with greens, tomato and cucumber, tzatziki
Greek- Kalamata, feta, peppers, red onion, tomato, cucumber, dressing
Southern fried chicken beans and corn bread

FRIDAY OCTOBER 2
Chicken & Spinach soup
Banh Mi
Beet and Feta- roasted beet, red onion, tomato, feta, greens, dressing
Perogie platter with Garlic sausage and beef cabbage rolls, sour cream, bacon and onion