


# FALL MENU 2014

## WEEK 3

|  | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|--|--|---|---|--|
| <b>Week 3</b>   | <p> <b>Chipotle Chicken with Rice and Corn</b><br/>           or<br/> <b>Falafel on Pita</b><br/>           or<br/> <b>Beef Barley Soup</b><br/><br/> <b>Sides</b><br/><br/>           Cranberry &amp; Apple Couscous Salad         </p> | <p> <b>Pasta with Meat Sauce</b><br/>           or<br/> <b>Pasta with Roasted Veg</b><br/>           or<br/> <b>Broccoli Soup</b><br/><br/> <b>Sides</b><br/><br/>           Garlic Bread Salad<br/>           Greek Macaroni         </p> | <p> <b>Baked Salamon</b><br/>           or<br/> <b>Vegetarian Sheppard's Pie</b><br/>           or<br/> <b>Tomato and Rice Soup</b><br/><br/> <b>Sides</b><br/><br/>           Mashed Potatoes<br/>           Green Peas<br/>           Cajun Corn Salad         </p> | <p> <b>Beef Stew</b><br/>           or<br/> <b>Tri-Colour Ragout</b><br/>           or<br/> <b>Split Pea Soup</b><br/><br/> <b>Sides</b><br/><br/>           Steamed Rice<br/>           Lima Beans<br/>           Whole Grain Rice<br/>           Waldorf Salad         </p> | <p> <b>Chicken or Shrimp Chow Mein</b><br/>           or<br/> <b>Tofu and Veg Chow Mein</b><br/>           or<br/> <b>Cabbage and Bacon Soup</b><br/><br/> <b>Sides</b><br/><br/>           Asian Mix Salad         </p> |