

**Food For Thought - Farm to Table, Organic Hot Lunch  
October 2021 menu**

Students full Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Special Diet: \_\_\_\_\_

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
				Michaelmas Day Festive Chicken and Rice W/Golden Butternut Squash
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Spaghetti Marinara  Salad	Vegetarian Feijoada - Brazilian Beans and Rice Fruit	Butternut soup Sweet Water Bakery Bread & Butter Salad	French Toast, Hard Boiled Eggs, Yogurt, and Fruit	Quesadillas  Salad
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
No School Indigenous Peoples' Day	Curried Vegetables over Rice Fruit	Lentil Soup Artisan Bread & Butter Salad	Moroccan Couscous with Stewed Vegetables	Chicken and dumplings salad
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Mac & cheese  Salad	Kitchari Roasted Vegetables	Beaver Farm Chicken Soup, Artisan Bread, Salad	Stir fry W/ Rice Noodles	Sautéed veggies Mashed potatoes And gravy
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Creamy Butternut Squash Pasta	Teriyaki Chicken and Vegetables Over Rice Fruit	Corn Chowder  Salad	Butternut Squash Bharata (Indian) Quinoa	Shusi W/Guest Chef Miku Pedersen Fruit