



**OCTOBER 2021**

**MON.**

**TUE.**

**WED.**

**THURS.**

**FRI.**

<p>4</p> <p>Soup of the week: <u>Minestrone Soup</u></p>	<p>5</p> <p>Taco Stuffed Baked Potato</p> <p>Garden Fresh Pesto Caprese</p> <p>BBQ Chicken Salad</p>	<p>6</p> <p>Orange Chicken Bowl</p> <p>Crispy Chicken Wrap</p> <p>Italian Garden Salad</p>	<p>7</p> <p>Fish &amp; Chips</p> <p>Hambrie Croissant</p> <p>Chicken Caesar</p>	<p>8</p> <p>Super Burrito</p> <p>Chicken Banh Mi</p> <p>Red, White and Blue Salad</p>
<p>11</p> <p>Soup of the week: <u>Homestyle Chili</u></p>	<p>12</p> <p>BBQ Pulled Pork Bowl</p> <p>SW Turkey Wrap</p> <p>Blackened Chicken Salad</p>	<p>13</p> <p>Chicken, Broccoli &amp; Cheese Piroshki</p> <p>Chicken Greek Wrap</p> <p>Kale, Sweet Potato &amp; Chicken Salad</p>	<p>14</p> <p>Spaghetti &amp; Meatballs</p> <p>Classic Turkey Sandwich</p> <p>Burger Salad</p>	<p>15</p> <p><b>No Classes</b></p>
<p>18</p> <p>Soup of the week: <u>Chicken &amp; Dumpling Soup</u></p>	<p>19</p> <p>Tex Mex Enchiladas</p> <p>Turkey Apple Crunch</p> <p>Citrus Chicken Salad</p>	<p>20</p> <p>Huli Huli Chicken</p> <p>BLTA</p> <p>Deluxe Salad</p>	<p>21</p> <p>Turkey Dinner</p> <p>Flatbread Chicken Sandwich</p> <p>Waldorf Salad</p>	<p>22</p> <p>Cheeseburgers</p> <p>Buffalo Chicken Wrap</p> <p>SW Chopped Salad</p>
<p>25</p> <p>Soup of the week: <u>Italian Meatball Soup</u></p>	<p>26</p> <p>Chicken &amp; Penne Pesto</p> <p>Classic Club</p> <p>Oriental Chicken Salad</p>	<p>27</p> <p>Crispy Chicken Sandwich</p> <p>Pub Style Beef Sandwich</p> <p>NW Mixed Greens</p>	<p>28</p> <p>Chicken Teriyaki</p> <p>Turkey Cobb Wrap</p> <p>Chicken, Bacon Pasta Salad</p>	<p>29</p> <p>Meatball Sub</p> <p>Ham Baguette</p> <p>Mediterranean Chicken Salad</p>