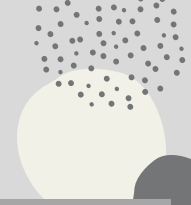




# OCTOBER MENU



| Su                                 | M                                    | T                                                    | W                                             | Th                                               | F                                                                                        | Sa              |
|------------------------------------|--------------------------------------|------------------------------------------------------|-----------------------------------------------|--------------------------------------------------|------------------------------------------------------------------------------------------|-----------------|
|                                    |                                      | 1<br>breakfast burritos,<br>guacamole<br>fruit salsa | 2<br>angel hair<br>primavera in<br>rose sauce | 3<br>tuna melts<br>potato chips<br>pickles       | 4<br>sheet pan<br>schwarma,<br>cauliflower                                               | 5<br>leftovers  |
| 6<br>diy pizza<br>roasted veggies  | 7<br>salmon patties<br>and bowties   | 8<br>diy cereal bar                                  | 9<br>yom kippur                               | 10<br>roasted veggie<br>quesadillas              | 11<br>pesto salmon with<br>parmy green beans                                             | 12<br>leftovers |
| 13<br>foccacia<br>dips and salad   | 14<br>spinach lasagna                | 15<br>yogurt parfaits<br>fruit and granola           | 16<br>teriayaki salmon<br>w/rice pilaf        | 17<br>fancy grilled<br>cheese<br>tomato soup     | 18<br>coconut crusted<br>chicken, broccoli,<br>sweet potatoes                            | 19<br>leftovers |
| 20<br>diy pizza<br>roasted veggies | 21<br>cheesy artichoke<br>pasta bake | 22<br>pumpkin waffles<br>w/scrambled eggs            | 23<br>parmesan crusted<br>grouper             | 24<br>caprese on<br>pretzel roll<br>caesar salad | 25<br>roasted veggie<br>buddha bowls                                                     | 26<br>leftovers |
| 27<br>foccacia<br>dips and salad   | 28<br>homemade<br>mac 'n cheese      | 29<br>cottage cheese<br>pancakes<br>fruit salad      | 30<br>homemade chili<br>and corn pudding      |                                                  | all wednesday<br>ideas are from<br>the kosher by<br>design cookbook<br>by susie fishbein |                 |
|                                    |                                      |                                                      |                                               |                                                  |                                                                                          |                 |

