

Farestart Community Meals Menu: November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	<p>B: Bagels, Cream Cheese, Fruit</p> <p>L: Mediterranean Lentil Hummus Sandwich, Green Bean Salad, Fruit</p> <p>D: Smothered Rice & Bean Burritos, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Granola, Yogurt, Fruit</p> <p>L: Asian Chicken Wrap, Red Cabbage & Kimchi Slaw, Fruit</p> <p>D: Meatloaf w/ Mushroom Gravy, Dinner Roll, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Bacon & Cheese Breakfast Sandwich, Fruit</p> <p>L: Baba Ghanoush & Chickpea Hummus Sandwich, Loaded Baked Potato Salad, Fruit</p> <p>D: Mexican Chicken w/ Ranch-Style Pinto Beans, Asst. Veg, Seasonal Salad w/ Dressing</p>	<p>B: Blueberry Scone, Cottage Cheese, Fruit</p> <p>L: Curried Chicken Salad Sandwich, Lentil Salad, Fruit</p> <p>D: Chickpea & Vegetable Tikka Masala Coconut Rice Bowl, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Overnight Oats, Muffin, Fruit</p> <p>L: Breaded Chicken Sandwich, Chipotle Potato Salad, Fruit</p> <p>D: Italian Sausage w/ Pasta & Tomato Cream Sauce, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Ham & Cheese Breakfast Burrito, Fruit</p> <p>L: Lamb & Spinach Grain Wrap w/ Tzatziki Sauce, Cumin Scented Vegetable Salad, Fruit</p> <p>D: Beef Shawarma Rice Bowl w/ Garlic Yogurt Dressing, Asst. Veg, Seasonal Salad w/ Dressing</p>
7	8	9	10	11	12	13
<p>B: Baked French Toast w/ Syrup, Bacon, Fruit</p> <p>L: Cubano – Roast Pork, Ham, & Swiss Sandwich, Pasta Salad w/ Herbed Aioli, Fruit</p> <p>D: Chicken Pot Pie w/ Peas & Carrots, Biscuit, Asst. Veg, Seasonal Salad w/ Dressing</p>	<p>B: Breakfast Muffin, Yogurt, Fruit</p> <p>L: Broiled Eggplant & Mozzarella Sandwich, Antipasto Salad, Fruit</p> <p>D: Sweet Chili Tofu w/ Soba Noodles & Ginger Veggies, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Bacon & Cheddar Frittata, Fruit</p> <p>L: Pimento Cheese Sandwich, Corn Salad w/ Tomato Vinaigrette, Fruit</p> <p>D: Chickpeas & Root Vegetables, Wild Rice w/ Tahini Curry Sauce, Asst. Veg, Seasonal Salad w/ Dressing</p>	<p>B: Chia Pudding w/ Bananas</p> <p>L: Turkey & Turkey Bacon Club Sandwich, Beet Salad w/ Caper Vinaigrette, Fruit</p> <p>D: Chicken Sausage w/ Pesto Pasta, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Sausage & Egg English Muffin, Fruit</p> <p>L: Balsamic Roasted Mushroom & Lentil Wrap w/ Boursin, Potato Salad w/ Pickles, Fruit</p> <p>D: Grilled Chicken Thigh w/ Pineapple Salad & Coconut Rice, Asst. Veg, Seasonal Salad w/ Dressing</p>	<p>B: Assorted Cereal w/ Fruit, Cottage Cheese</p> <p>L: Falafel Patty Pita w/ Tzatziki, Roasted Vegetable Salad, Fruit</p> <p>D: Caprese White Bean Basil Rice w/ Broccoli & Tomato, Asst. Veg, Seasonal Salad w/ Dressing</p>	<p>B: Joe's Scramble w/ Beef, Spinach, & Mushrooms, Hash Browns, Fruit</p> <p>L: Meatloaf Sandwich, Edamame Quinoa Salad, Fruit</p> <p>D: BBQ Turkey Rice Bowl w/ Corn & Carrots, Asst. Veg, Seasonal Salad w/ Dressing</p>
14	15	16	17	18	19	20
<p>B: Ham & Cheese Pastry, Fruit</p> <p>L: Smoked White Fish Sandwich, Fennel Apple Slaw, Fruit</p> <p>D: Chicken & Spinach Artichoke Tortellini, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Biscuits & Sausage Gravy, Fruit</p> <p>L: Indian Spiced Egg Salad Sandwich, Sesame Chicken Noodle Salad, Fruit</p> <p>D: Black Bean & Squash Quesadilla w/ Salsa, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Muffin, Cheese Stick, Fruit</p> <p>L: Roast Beef & Swiss Cheese Sandwich, Potato Salad, Fruit</p> <p>D: Orange Sesame Ginger Chicken & Rice, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Peach Grain Bar, Breakfast Smoothie, Fruit</p> <p>L: Ham, Apple Chutney, & Brie Sandwich, Brown Butter Farro & Butternut Squash Salad, Fruit</p> <p>D: Grilled Chicken w/ Moroccan Beets & Rice Pilaf, Asst. Veg, Seasonal Salad w/ Dressing</p>	<p>B: Bacon & Cheese Breakfast Sandwich, Fruit</p> <p>L: Pulled Chicken Banh Mi, Sweet Chili Slaw, Fruit</p> <p>D: Beef & Chicken Meatball, Sundried Tomato, & Pesto Orzo Bowl, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Overnight Oats, Fruit</p> <p>L: Garden Herb Chicken Salad Sandwich, Three Bean Salad, Fruit</p> <p>D: Pinto Bean Fajita Rice Bowl, Asst. Vegetables, Seasonal Salad w/ Dressing</p>	<p>B: Veggie & Cheese Frittata, Fruit</p> <p>L: Asian Chicken Salad Sandwich, Ginger Lemon Coleslaw, Fruit</p> <p>D: BBQ Pulled Pork w/ Braised Cabbage & Corn Muffin, Asst. Vegetables, Seasonal Salad w/ Dressing</p>
21	22	23	24	25	26	27
<p>B: Breakfast Muffin, Yogurt, Fruit</p> <p>L: Creole Chicken Salad Sandwich, Farro Salad w/ Feta & Cherries, Fruit</p> <p>D: Pasta Alfredo w/ Diced Turkey & Broccoli, Asst. Veg, Seasonal Salad w/ Dressing</p>	<p>B: Bagels, Cream Cheese, Fruit</p> <p>L: Chunky Bean Spread Sandwich, Turmeric Carrot Salad, Fruit</p> <p>D: White Bean & Butternut Squash Macaroni & Cheese, Broccoli, Asst. Veg, Seasonal Salad w/ Dressing</p>	<p>B: Baked French Toast w/ Syrup, Bacon, Fruit</p> <p>L: Pepperoni & Ham Italian Grinder, Italian Pasta Salad, Fruit</p> <p>D: Roasted Chicken w/ Lemony Roasted Potatoes, Asst. Veg, Seasonal Salad w/ Dressing</p>	<p>B: Sausage & Egg English Muffin, Fruit</p> <p>L: Roast Beef & Cheddar Sandwich, Broccoli Salad, Fruit</p> <p>D: Chicken & Rice Noodle Bowl w/ Stir Fry Vegetables & Thai Basil Sauce, Asst. Veg, Seasonal Salad w/ Dressing</p>	<p>B: Granola & Yogurt, Fruit</p> <p>L: Tuna Salad Sandwich, German Potato Salad, Fruit</p> <p>D: Roasted Turkey, Green Bean Casserole, Potatoes, Gravy, Stuffing, Asst. Veg, Seasonal Salad w/ Dressing</p>	<p>B: Strawberry Ricotta Crepes, Fruit</p> <p>L: Turkey, Brie, & Arugula Sandwich w/ Cranberry Mustard, Brown Rice Salad, Fruit</p> <p>D: Cumin Bean Chili, Rice, Asst. Veg, Seasonal Salad w/ Dressing</p>	<p>B: Fruit Scone, Cottage Cheese, Fruit</p> <p>L: Honey Baked Ham & American Cheese Sandwich, Greek Salad, Fruit</p> <p>D: Honey Mustard Glazed Chicken w/ Vegetables & Rice, Asst. Veg, Seasonal Salad w/ Dressing</p>
28	29	30				
<p>B: Veggie & Cheese Frittata, Fruit</p> <p>L: Deviled Egg Salad Sandwich, Apple & Pomegranate Seed Kale Salad, Fruit</p> <p>D: Beef & Chicken Meatballs w/ Pasta & Marinara Sauce, Asst. Veg, Seasonal Salad w/ Dressing</p>	<p>B: Biscuits & Sausage Gravy, Fruit</p> <p>L: Meatless Muffuletta, Mediterranean Salad, Fruit</p> <p>D: Glazed Butternut Squash, Chickpeas, & Kale w/ Couscous, Asst. Veg, Seasonal Salad w/ Dressing</p>	<p>B: Chia Pudding w/ Bananas</p> <p>L: Meatloaf Sandwich, Corn Succotash, Fruit</p> <p>D: Chicken Tenders w/ Macaroni & Cheese, Asst. Vegetables, Seasonal Salad w/ Dressing</p>				