

Oct 7th

Black Bean Sweet Potato Enchilada Pie (veg and gf) (Add Chorizo)

Buffalo Chicken Stuffed Shells in Alfredo Sauce

Baked cheese Ravioli w/roasted veggies, spinach & mozzarella in tomato basil sauce (veg can be gf) (add chicken sausage)

Loaded Philly Cheesesteak melties

Strata—Kale Leek & Gruyere (veg can be gf as frittata) (can add bacon)

Italian Meatball and Tortellini Stew

Creamy Tomato Basil Soup (veg and gf)

Spicy Corn Chowder (veg and gf)

Chopped Italian Salad w/Basil Balsamic Vinaigrette (v and gf)

Spicy southwest Chickpea (v and gf)

Spinach Salad w/Bacon, Oranges Pickled onions + candied pecans with tangy french dressing (gf)

Homestyle Pasta Salad (veg can be gf)

Garlic Parmesan Biscuits (veg)

Garden Salad w/Green Goddess Dressing (veg and gf)

Pumpkin Chocolate Chip Cookies

Chocolate Zucchini Bread

Lemon Pound Cake

Raspberry white chocolate scones

Spiced Pear Cinnamon Loaf

Oct 14th --

Baked Pasta w/Butternut Squash & Leek in Manchego and parmesan cream sauce (veg can be gf)
(can add chicken sausage)

Beef and Bean Burritos

Chicken Florentine Stuffed Peppers (gf)

Frittata—spinach roasted pepper & feta (veg and gf)

Stuffed Portobello Mushrooms—Spinach Quinoa Roasted Tomatoes w/Parmesan (veg and gf)
(can add ground chicken)

Turkey Bolognese over spaghetti Squash w/shaved parmesan (gf)

Roasted Butternut Squash Soup (veg and gf)

Mediterranean Chickpea (veg and gf)

Black Bean and Sweet Potato Chili (v and gf)

Harvest Salad (veg and gf)

Basil Garlic Parmesan Bread (veg)

Kale Caesar w/House made Croutons on the side.

Arugula w/Shaved Beets, Oranges and Goat cheese w/Pomegranate Poppyseed Dressing

Mediterranean Lentil Salad w/Arugula, Roasted Tomatoes & Feta

Pumpkin Vanilla Swirl Mini Bundt Cake

Peanut Butter Pretzel Brownie

Apple Torte Bars

Cranberry Orange Cookies

Mini Pecan Pie Bars

Oct 21st

Stuffed Sweet Potatoes Pulled Pork with Apples, Sage & Caramelized Onions (gf)

Baked Cheese Tortellini with spinach in creamy tomato basil sauce (veg) (can add Italian Sausage)

Root Veggie Shepherd's Pie (veg and gf) (can add chicken)

Buffalo Chicken Mac & Cheese (can be gf)

Beef and Butternut Squash Enchiladas (can be gf)

Family Cuban S sammie

Kale salad w/roasted butternut squash, cranberries, candied pecans & feta w/balsamic (v and gf)

Chicken Caesar Pasta Salad (can be gf)

Spinach salad w/dried fruit, Apples, pickled Onions in vanilla fig dressing (v and gf)

Garden Salad w/Green Goddess Dressing (veg and gf)

Italian Lentil & Veggie Soup (v and gf)

Southwest Chicken & Corn Chowder (gf)

Cheddar Scallion Jumbo Biscuits (veg)

Pumpkin and Chocolate Swirl Mini Bundt Cake

Banana chocolate chip cinnamon loaf

Apple Cinnamon Streusel Coffee Cake

Chocolate Marble Cake

Lemon Poppyseed Bread

Oct 28th

Meat Spaghetti Squash “Lasagna” (gf)

Blackened Chicken Pasta w/Roasted Veggies in Roasted Tomato & Parmesan Cream Sauce (can be gf)

Sloppy Joe Melties w/Provolone Cheese

Spinach & Ricotta Stuffed Shells (veg)

Roasted Veggie Spinach & Green Chili & Cotija Cheese Quesadillas (veg)

Kale & Smoked Gouda Strata (veg)(can add bacon)

Kale Caesar Salad w/Homemade Croutons

Basil Pesto & Parmesan Garlic Bread

Italian Chopped Salad w/Herbed Balsamic Vinaigrette

Black Bean & Corn Salad

Chicken & Chorizo Chili

Creamy Tomato Basil Soup

Chickpea Cucumber & Cilantro

Harvest Salad

Lemon Pound Cake

Jumbo Blueberry Muffins

White Chocolate and Raspberry Brownies

Pumpkin Apple Breakfast Bread

Chocolate Butterfinger Cookies