

MON	TUE	WED	THU	FRI
Parmesan Tomato Ragu 5 Fusilli tossed in a Tomato and Parmesan sauce, Seasonal Vegetables, and a Baked Good. Vegetarian	Beef Bulgogi Rice Bowl 6 Beef served over Rice with Carrots, Cucumber, and Fresh Fruit Vegetarian: Tempeh Bulgogi	Turkey Sweet Potato Meatballs 7 Turkey and Sweet Potato Meatballs tossed in a Sweet and Sour Sauce, Garlic Herb Noodles, Fresh Crudité and Fruit Vegetarian: Cauliflower Quinoa Balls	Butter Chicken with Rice 8 Chicken in a Tomato Sauce, Rice, Seasonal Vegetables, and Fresh Fruit Vegetarian: Chana Masala	BBQ Chicken Sandwich 9 BBQ Chicken served on a Whole Wheat Bun, Caesar salad and a Baked Good Vegetarian: BBQ Tofu Bites
Thanksgiving Day 12	Taco Time! 13 Seasoned Beef Tacos with Lettuce, Cheese, Salsa, Corn and a Baked Good Vegetarian: Refried Beans Taco	Tropical Crunch Cod 14 Coconut-Crusted Cod, Rice and Seasonal Vegetables, Fresh Fruit Vegetarian: Coconut Chickpea Curry	Picnic Lunch 15 Chicken and Cheddar Sandwiches, Fresh Crudité with Ranch, Fresh Fruit Vegetarian: Cocoa Sunbutter & Banana Sandwich	Chicken Alfredo 16 Chicken Alfredo with Penne, Italian Salad, Fresh Baked Good Vegetarian: White Bean Alfredo
	Soy Ginger Noodle Bowl 19 Soy ginger noodles, Hard Boiled Egg, Edamame, Carrot and Cabbage, and a Baked Good Vegetarian	Hearty Pasta Bolognese 20 Beef Bolognese over Pasta, Caesar Salad, Fresh Fruit Vegetarian: Lentil Bolognese	Turkey Burger BBQ 21 Turkey burger on a Whole Wheat Bun, Crudité Vegetables, and Fresh Fruit Vegetarian: Meatless Burger	Teriyaki Chicken 22 Chicken Teriyaki, Red Peppers and Broccoli, Rice, and Fresh Fruit Vegetarian: Tofu Teriyaki
Veggie Fried Rice 26 Egg and Vegetable Fried Rice, Broccoli, Baked Good Vegetarian	Italian Beef Bun 27 Beef in Marinara Sauce on a Whole Wheat Bun, Mozzarella, Crudités, Fruit Vegetarian: Lentil Marinara	Maple Mustard Chicken 28 Maple Mustard Glazed Chicken, Sweet Potatoes, and Fresh Crudité, Fresh Fruit Vegetarian: Honey Mustard Tofu Fingers	Lemon Chicken and Noodles 29 Lemon Herb Chicken, Spinach Pesto Noodles, Green Beans, and Fresh Fruit Vegetarian: Sweet Potato Fritters	Warm Persian Beef and Carrots 30 Beef and Carrots, Rice and Seasonal Vegetables, Fresh Baked Good Vegetarian: Persian-Spiced Lentils with Carrots

SEASONAL FAVOURITE FLAVOURS



Fall is probably a chef's favourite season to cook! The weather is still warm enough for our fruiting crops to remain abundant, while favourite fall produce such as local apples and pears from Crunican Orchards, pumpkins, squash and fresh autumn greens, are now at their peak. Keep your eyes peeled for plenty of these delicious, locally grown flavours on our menu this month!

YUM THIS MONTH!

Warm Persian Beef and Carrots

Chef Mojdeh created this recipe for the Growing Chefs! Ontario Kitchen, inspired by a dish she lovingly prepared for her own family when her children were young. Warm, comforting and fragrant with cinnamon, it smells just like fall to us. We hope your little ones enjoy it as much as our chefs do!

QUESTIONS? CALL THE KITCHEN AT 226-503-8473