

# Week 3 Dinner



	Monday 18-Nov	Tuesday 19-Nov	Wednesday 20-Nov	Thursday 21-Nov	Friday 22-Nov	Saturday 23-Nov	Sunday 24-Nov
<b>MARKET ST. DELI</b>	Gouda BLT	Caprese Panini		Turkey and Cheese			
<b>BRAVO!</b> <i>Spud City</i>	CYO Salmon	MTO Southwest Baked Potato		CYO Glazed Salmon			
<b>J. CLARK'S GRILLE</b>	Cheeseburger	Steak and Cheese Flauta		Chicken Parm Sandwich			
<i>Main Plate</i>	Tortellini and Italian Sausage	Mongolian Beef	Holiday Meal	Burger Bar			
	Garlic Bread	Wild Rice Pilaf		French Fries, Baked Beans			
	Steamed Broccoli	Grilled Zucchini		Sauteed Spinach			
<b>Live Well</b>	Sauteed Kale, Duo Squash	Roasted Butternut Squash, Spring Rolls		Roasted Mixed Vegetables			
<b>duJour</b>	Tomato Basil Gardein	Mushroom Stirfry		Beyond Burger			
	Tomato Bisque	Carrot Ginger Soup		Creamy Garlic Mushroom Soup			

\* Contains or may contain raw or undercooked ingredients. Consuming raw or uncooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.



Denotes Vegetarian Item  
Denotes Vegan Item  
Denotes Gluten-Free Item