



Arbor Farms Kitchen

October Entrees & Salads

Rotating Seasonal Favorites

				1-Oct	2-Oct	3-Oct
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				Fish Cakes	Baked Mustard Herb Thighs	Tuscan Stuffed Peppers
				Stuffed Acorn Squash	Spinach Roasted Red Pepper Gratin	Black Bean Burges
				Grilled Salmon Salad	Sweet & Spicy Couscous Salad	Scalloped Potatoes
4-Oct	5-Oct	6-Oct	7-Oct	8-Oct	9-Oct	10-Oct
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Almond Crusted Chicken Breasts	Chicken Pot Pie	Turkey Gruyere Burgers	Marios Meatloaf	Fish Cakes	Smokey Bacon Mac n Cheese	Shepherds Pie
Vegetable Lasagana	Portobello Parmesan	Vegetarian Breakfast Burritos	Veggie Loaf	Zucchini Fritters	Shiitake and Corn Frittata	Mushroom Bread Pudding
Wheatberry Spring Salad	Waldorf Salad	Buffalo Chicken Salad	Three Bean Salad	Roasted Herb Potatoes	Tuscan White Bean Salad	Rstd Cauliflower with Garlic
11-Oct	12-Oct	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Grilled Blackened Chicken	Chicken Pot Pie	Turkey Gruyere Burgers	Rigatoni with Meat Sauce	Fish Cakes	Baked Mustard Herb Thighs	Tuscan Stuffed Peppers
Vegetable Lasagna	Mushroom Stuffed Zucchini	Butternut Hazelnut Lasagna	Veggie Loaf	Stuffed Acorn Squash	Spinach Roasted Red Pepper Gratin	Black Bean Burgers
Curried Veggies w/ Lemon Yogurt	Carrot Raisin Salad	Ethiopian Cauliflower	Spiced Whipped Sweet Potatoes	Grilled Salmon Salad	Sweet & Spicy Couscous Salad	Scalloped Potatoes
18-Oct	19-Oct	20-Oct	21-Oct	22-Oct	23-Oct	24-Oct
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Almond Crusted Chicken Breasts	Chicken Pot Pie	Turkey Gruyere Burgers	Marios Meatloaf	Fish Cakes	Smokey Bacon Mac n Cheese	Shepherds Pie
Vegetable Lasagana	Portobello Parmesan	Vegetarian Breakfast Burritos	Veggie Loaf	Zucchini Fritters	Shiitake and Corn Frittata	Mushroom Bread Pudding
Wheatberry Spring Salad	Waldorf Salad	Buffalo Chicken Salad	Three Bean Salad	Roasted Herb Potatoes	Tuscan White Bean Salad	Rstd Cauliflower with Garlic
25-Oct	26-Oct	27-Oct	28-Oct	29-Oct	30-Oct	31-Oct
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Grilled Blackened Chicken	Chicken Pot Pie	Turkey Gruyere Burgers	Rigatoni with Meat Sauce			
Vegetable Lasagna	Mushroom Stuffed Zucchini	Butternut Hazelnut Lasagna	Veggie Loaf			
Curried Veggies w/ Lemon Yogurt	Carrot Raisin Salad	Ethiopian Cauliflower	Spiced Whipped Sweet Potatoes			