

# OCTOBER 2021 MENU WITH VEGETARIAN OPTIONS



GOURMET EXPRESS (404)371-4566

OCTOBER MENU (21 Days )

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 1
				<p><b>Breakfast</b> Cheerios Cereal Whole Peaches 100% Fruit Juice Milk</p> <p><b>Lunch</b> Turkey &amp; American Cheese Sandwich Whole Wheat Bread Baby Carrots Diced Peaches Milk</p>
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
<p><b>Breakfast</b> Granola Bar Apple Sauce 100% Fruit Juice Milk</p> <p><b>Lunch</b> Sweet &amp; Sour Chicken (VEG) Sweet &amp; Sour Vegetables Steamed Brown Rice California Blend mandarins Milk</p>	<p><b>Breakfast</b> Blueberry Muffins Fresh Peach 100% Fruit Juice Milk</p> <p><b>Lunch</b> Sloppy joe (VEG) Roasted Veggie Joe Whole Wheat Bun Roasted Broccoli Diced Pear Milk</p>	<p><b>Breakfast</b> Raisin Bran Cereal Apple Slices Milk</p> <p><b>Lunch</b> Mango Chili Chicken (VEG) Mango Chili Veggie Herb Brown Rice Mixed Vegetables Pineapple Tidbits Milk</p>	<p><b>Breakfast</b> Special K Pastry Crisps Fresh Plums 100% Fruit Juice Milk</p> <p><b>Lunch</b> (VEG) Broccoli Mac &amp; Cheese(w/w noodles) Roasted Cauliflower Fruit Cocktail Milk</p>	<p><b>Breakfast</b> Mini Cinnamon Rolls Banana Milk</p> <p><b>Lunch</b> Santa Fe Chicken Pasta Salad Whole Wheat Pasta Celery Sticks Pineapple Tidbits Milk</p>
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
<p><b>Breakfast</b> Cheerios Cereal Diced Peaches Milk</p> <p><b>Lunch</b> Garlic Chicken Alfredo Pasta (VEG) Veggie Alfredo Whole Wheat Pasta Green Beans Sliced Apples Milk</p>	<p><b>Breakfast</b> Nutri Grain Bars Apple Sauce 100% Fruit Juice Milk</p> <p><b>Lunch</b> Beef Tacos (VEG) Roasted Veggie Tacos Whole wheat Tortilla Green Peas Mandarins Milk</p>	<p><b>Breakfast</b> Whole Wheat Chex Mix Fresh Watermelon Milk</p> <p><b>Lunch</b> BBQ Chicken Legs (VEG) Eggplant Parmesan Curried Cabbage Corn Bread Applesauce Milk</p>	<p><b>Breakfast</b> Breakfast Biscuits Fruit Cocktail 100% Fruit Juice Milk</p> <p><b>Lunch</b> Hawaiian Meatballs (VEG) Roasted Vegetable Pasta Brown Rice Pilaf w/ Peppers Brussel Sprouts Pineapple Tidbits Milk</p>	<p><b>Breakfast</b> Blueberry Muffins Whole Pears 100% Fruit Juice Milk</p> <p><b>Lunch</b> Cajun Chicken Salad Wrap Whole Wheat Tortilla Grape Tomatoes Diced Peaches Milk</p>
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
<p><b>Breakfast</b> Raisin Bran Cereal Apple Sauce Milk</p> <p><b>Lunch</b> Beefy Mack (w/wheat noodles) (VEG) Veggie Mac Mixed Vegetables Mandarins Milk</p>	<p><b>Breakfast</b> Mini Cinnamon Rolls Fresh Peaches 100% Fruit Juice Milk</p> <p><b>Lunch</b> Coconut Curried Chicken (VEG) Coconut Curried Veggies Brown Rice Pinto Beans Diced Pear Milk</p>	<p><b>Breakfast</b> Granola Bars Banana Milk</p> <p><b>Lunch</b> Beef Hot Dogs (VEG) Veggie Hotdog Wheat Hot Dog Buns Baked Beans Apple Slices Milk</p>	<p><b>Breakfast</b> Bagels w/ Jelly Fresh Plums 100% Fruit Juice Milk</p> <p><b>Lunch</b> Chicken Marinara (VEG) Vegetable Marinara Whole Wheat Pasta Grilled Vegetables Sliced Oranges Milk</p>	<p><b>Breakfast</b> Z bar Whole Grain Bar Apple Sauce Milk</p> <p><b>Lunch</b> Pimento Cheese w/ Pita Whole Wheat Pita Bread Snap Peas Fruit Cocktail Milk</p>
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
<p><b>Breakfast</b> Nutri Grain Bars Apple Slices Milk</p> <p><b>Lunch</b> Mango BBQ Meatballs Brown Rice Pilaf Mixed Vegetables Fruit Cocktail Milk</p>	<p><b>Breakfast</b> Blueberry Muffins Fresh Pears 100% Fruit Juice Milk</p> <p><b>Lunch</b> Beef Burgers (VEG) Veggie Burger Whole Wheat Buns Roasted Broccoli Sliced Oranges Milk</p>	<p><b>Breakfast</b> Whole Wheat Chex Mix Whole Apples 100% Fruit Juice Milk</p> <p><b>Lunch</b> Chicken Fajitas (VEG) Roasted Vegetable Fajitas Whole Wheat Tortillas Green Beans Diced Pear Milk</p>	<p><b>Breakfast</b> Cinnamon Rolls Diced Watermelon Milk</p> <p><b>Lunch</b> Rotini Pasta w/ Beef Meatballs (VEG) Rotini Veggie Pasta Whole Wheat Pasta Three Bean Vegetables Apple Sauce Milk</p>	<p><b>Breakfast</b> Granola Bars Apple Slices 100% Fruit Juice Milk</p> <p><b>Lunch</b> Curried Chicken Salad Sandwich (VEG) Curried Veggie Sandwich Whole Wheat Bread Three Bean Salad Diced Pears Milk</p>

## MENU NOTIFICATIONS

(VEG) – Vegetarian Options

(W/W) – Whole Wheat

NUTS – Nuts are never served. We serve Soy or Sunflower butter as a peanut butter substitute

PORK – Pork is never served

**Substitutions** – Due to the Covid-19 pandemic, the entire country is experiencing consistent supply chain shortages. The food supply chain is no exception. We reserve the right to make menu or supply item substitutions whenever necessary without prior notice. We will update customers as soon as possible so that they can make the necessary adjustments.