



# GOURMET GORILLA

Monday

Tuesday

Wednesday

Thursday

Friday

November 1, 2021

Pasta w/Creamy Garlic Sauce  
Shredded Parmesan Cheese  
Steamed Peas  
Orange Slices

November 2, 2021

Sweet & Sour Chicken  
*Sweet & Sour Tofu*  
Brown Rice  
Cauliflower  
Pear Slices

November 3, 2021

Penne Pasta w/ Marinara & Meatballs  
*Penne Pasta w/ Marinara & Veggie "Meatballs"*  
Broccoli  
Diced Peaches

November 4, 2021

Beef Burger  
*Veggie Burger*  
WG Hamburger Bun  
Roasted Beets  
Melon

November 5, 2021

Lasagna Roll Up w/ Marinara Sauce  
Mozzarella Cheese  
Green Beans  
Melon

November 8, 2021

(Not So) Fried Rice w/Chicken  
*(Not So) Fried Rice w/ Tofu*  
Steamed Peas  
Apple Slices

November 9, 2021

Turkey Taco  
*Veggie Taco*  
Flour Tortilla  
Peppers & Onions  
Melon

November 10, 2021

Tomato Cream Pasta  
Mozzarella Cheese  
Cucumber Slices  
Pineapple

November 11, 2021

Turkey Sausage Patties  
*Veggie "Sausage"*  
French Toast  
Broccoli  
Pear Slices

November 12, 2021

Chicken Nuggets  
*Veggie "Nuggets"*  
WG Bread  
Steamed Carrots  
Appleberry Sauce

November 15, 2021

Ravioli  
Marinara Sauce  
Cauliflower  
Pear Slices

November 16, 2021

Turkey Sloppy Joe  
*Veggie Sloppy Joe*  
WG Hamburger Bun  
Roasted Butternut Squash  
Fruit Salad

November 17, 2021

Pizza Dippers  
Marinara Sauce  
Roasted Zucchini  
Melon

November 18, 2021

Mac N Cheese  
Broccoli  
Applesauce

November 19, 2021

Chipotle Lime Chicken  
*Chipotle Lime Tofu*  
Brown Rice  
Green Beans  
Apple Slices

November 22, 2021

Roasted Turkey w/ Gravy  
*Tofurky w/ Gravy*  
WG Roll  
Mashed Potatoes  
CH Fruit Salad

November 23, 2021

Tortellini  
Marinara  
Peas  
Pineapple

November 24, 2021

Teriyaki Chicken Thigh  
*Teriyaki Tofu*  
Brown Rice  
Broccoli  
Melon

November 25, 2021

Turkey Sausage Patties  
*Veggie "Sausage" Patties*  
WG Waffle  
Cucumber Slices  
Orange Slices

November 26, 2021

Chicken Nuggets  
*Veggie "Nuggets"*  
WG Bread  
Steamed Carrots  
Applesauce

November 29, 2021

Pasta w/Creamy Garlic Sauce  
Shredded Parmesan Cheese  
Steamed Peas  
Orange Slices

November 30, 2021

Sweet & Sour Chicken  
*Sweet & Sour Tofu*  
Brown Rice  
Cauliflower  
Pear Slices

## FALL LUNCH MENU

September 2021

October 2021

November 2021



# GOURMET GORILLA

Monday

Tuesday

Wednesday

Thursday

Friday

November 1, 2021

Chicken Nuggets  
WG Bread  
Steamed Peas  
Orange Slices

November 8, 2021

Penne Pasta Marinara  
Mozzarella Cheese  
Steamed Peas  
Apple Slices

November 15, 2021

Chicken Nuggets  
WG Bread  
Cauliflower  
Pear Slices

November 22, 2021

Penne Pasta Marinara  
Mozzarella Cheese  
Mashed Potatoes  
Fruit Salad

November 29, 2021

Chicken Nuggets  
WG Bread  
Steamed Peas  
Orange Slices

November 2, 2021

Penne Pasta Marinara  
Mozzarella Cheese  
Cauliflower  
Pear Slices

November 9, 2021

Mac N Cheese  
Peppers & Onions  
Melon

November 16, 2021

Penne Pasta Marinara  
Mozzarella Cheese  
Roasted Butternut Squash  
Fruit Salad

November 23, 2021

Creamy Mac N Cheese  
Steamed Peas  
Pineapple

November 30, 2021

Penne Pasta Marinara  
Mozzarella Cheese  
Cauliflower  
Pear Slices

November 3, 2021

Chicken Nuggets  
WG Bread  
Broccoli  
Diced Peaches

November 10, 2021

Chicken Nuggets  
WG Bread  
Cucumber Slices  
Pineapple

November 17, 2021

Mac N Cheese  
Roasted Zucchini  
Melon

November 24, 2021

Penne Pasta Marinara  
Mozzarella Cheese  
Broccoli  
Melon

November 4, 2021

Mac N Cheese  
Roasted Beets  
Melon

November 11, 2021

Penne Pasta Marinara  
Mozzarella Cheese  
Broccoli  
Pear Slices

November 18, 2021

Chicken Nuggets  
WG Bread  
Broccoli  
Applesauce

November 25, 2021

Chicken Nuggets  
WG Roll  
Cucumber Slices  
Orange Slices

November 5, 2021

Chicken Nuggets  
WG Bread  
Green Beans  
Melon

November 12, 2021

Mac N Cheese  
Steamed Carrots  
Appleberry Sauce

November 19, 2021

Penne Pasta Marinara  
Mozzarella Cheese  
Green Beans  
Apple Slices

November 26, 2021

Creamy Mac N Cheese  
Steamed Carrots  
Applesauce

## FALL LUNCH MENU: Menu B "Comfort"

September 2021

October 2021

November 2021



# GOURMET GORILLA

Monday Tuesday Wednesday Thursday Friday

Monday	Tuesday	Wednesday	Thursday	Friday
<b>November 1, 2021</b> Penne Pasta Marinara Veggie "Meatballs" Steamed Peas Orange Slices	<b>November 2, 2021</b> Veggie Taco Flour Tortilla Cauliflower Pear Slices	<b>November 3, 2021</b> GF/DF/EF Pizza Broccoli Diced Peaches	<b>November 4, 2021</b> Veggie "Meatballs" WG Roll Roasted Beets Melon	<b>November 5, 2021</b> BBQ Tofu Brown Rice Green Beans Melon
<b>November 8, 2021</b> Veggie Burger WG Hamburger Bun Steamed Peas Apple Slices	<b>November 9, 2021</b> Za'atar Tofu Brown Rice Peppers & Onions Melon	<b>November 10, 2021</b> Penne Pasta Marinara Veggie "Meatballs" Cucumber Slices Pineapple	<b>November 11, 2021</b> Veggie Taco Flour Tortilla Broccoli Pear Slices	<b>November 12, 2021</b> Veggie "Meatballs" WG Roll Steamed Carrots Appleberry Sauce
<b>November 15, 2021</b> Penne Pasta Marinara Veggie "Meatballs" Cauliflower Pear Slices	<b>November 16, 2021</b> Veggie Taco Flour Tortilla Roasted Butternut Squash Fruit Salad	<b>November 17, 2021</b> GF/DF/EF Pizza Roasted Zucchini Melon	<b>November 18, 2021</b> Veggie "Meatballs" WG Roll Broccoli Applesauce	<b>November 19, 2021</b> BBQ Tofu Brown Rice Green Beans Apple Slices
<b>November 22, 2021</b> Veggie Burger WG Hamburger Bun Mashed Potatoes Fruit Salad	<b>November 23, 2021</b> Za'atar Tofu Brown Rice Steamed Peas Pineapple	<b>November 24, 2021</b> Penne Pasta Marinara Veggie "Meatballs" Broccoli Melon	<b>November 25, 2021</b> Veggie Taco Flour Tortilla Cucumber Slices Orange Slices	<b>November 26, 2021</b> Veggie "Meatballs" WG Roll Steamed Carrots Applesauce
<b>November 29, 2021</b> Penne Pasta Marinara Veggie "Meatballs" Steamed Peas Orange Slices	<b>November 30, 2021</b> Veggie Taco Flour Tortilla Cauliflower Pear Slices			

All items on this lunch menu are free of animal-derived products.

## FALL LUNCH MENU

### Vegan

September 2021  
 October 2021  
 November 2021