

October

2019

St Ignatius

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Taco Salad Tuesday GF DF V available	2 Cheese Pizza, salad vegan GF pizza fruit	3 Ranch chicken wrap, potato chips, veggies with hummus, veggie wrap, fruit	4 Sloppy Joes, pickles, green beans. sloppy tofu Fruit	5
6	7 Grilled chicken, mac and cheese, roasted broccoli, grilled tofu fruit	8 Taco pie Tuesday GF DF V available	9 Cheese Pizza, salad vegan GF pizza fruit	10 Chicken and waffles carrots and celery with ranch tofu and waffles fruit	11 Hamburgers and fixins, veggie burgers, tater tots fruit	12
13	14 Chicken nuggets mashed potatoes roasted carrots tofu nuggets fruit	15 Tostada Tuesday GF DF V available	16 Cheese Pizza, salad vegan GF pizza fruit	17 Spaghetti and meatballs veggie meatballs salad garlic bread fruit	18 Nachos with brisket, bean and corn salsa and fixins, salad fruit	19
20	21 Grilled chicken (Veggie)sandwiches, pickles and fixins, sweet potato tots fruit	22 Taco Salad Tuesday GF DF V available	23 Cheese Pizza, salad vegan GF pizza fruit	24 Beef lasagna, veggie lasagna, garlic bread, broccoli fruit	25 Warm turkey and swiss hoagies, green bean salad warm veggie hoagies, fruit	26
27	28 Grilled chicken Alfredo, Roasted Broccoli garlic bread, grilled tofu Alfredo fruit	29 Taco Pie Tuesday GF DF V available	30 Cheese Pizza, salad vegan GF pizza fruit	31 King ranch casserole, beans,salad, veggie King ranch casserole, fruit	*denotes GF DF V menu items	