

## October 2007 Menu: SAR Academy

Mon	Tues	Wed	Thurs	Fri
1 Soup dujour Pizza Vegetable medley	2 Butternut Squash soup Chicken Cutlet Brown Rice/mixedVeg	3 No Sessions	4 No Sessions	5 No Sessions
8 Minestrone Soup Baked Ziti Steamed Broccoli	9 Lentil Soup BBQ Chicken Glazed Carrots Egg Barley	10 Split Pea Soup/w carrots Mac n Cheese Vegetable of the day	11 Minestrone Soup, spaghetti w/ meatballs, Mixed Vegetables	12 French Onion Soup Pizza Green Beans
15 Cream of Spinach Ravioli Roasted Vegetables	16 Butternut Squash soup Chicken Cutlet Brown Rice/ mixedVeg	17 Navy Bean Soup, lasagna, vegetable medley w/ sweet peas	18 Mushroom Barley Hamburgers Whole wheat Bun Lettuce, Tomato, R.Onion, Pickles	19 Vegetable soup, Pizza Sauteed Spinach
22 Minestrone Soup Baked Ziti Steamed Broccoli	23 Chicken Noodle Soup Chicken Nuggets Mashed Potatoes Peas n Carrots	24 Tomato Rice Soup Grilled Cheese Tuna Melt Peas & Carrots	25 Chilly Soup Tacos Lettuce, tomato, French Fries	26 French Onion Soup Pizza Green Beans
29 Corn Chowder Soup Potato Blitzes Mushroom Sauce Steamed Vegetables	30 Lentil Soup BBQ Chicken Glazed Carrots Egg Barley	31 Navy Bean Soup, lasagna, vegetable medley w/ sweet peas		