



# Goods From Other Hoods

## Week 1

Sept 5 - Sept 11

Oct 3 - Oct 9

Oct 31 - Nov 6

Nov 28 - Dec 4

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
ENTRÉE	ROASTED HERB PORK LOIN	TRADITIONAL BEEF STEW	CHICKEN CACCIATORE	COD, BAKED MISO GLAZED	BAKED HERB, GARLIC & ORANGE CHICKEN BREAST	N/A	N/A
	GF-DF-NF-L	GF-DF-NF-L	GF-DF-NF-L	DF-NF	GF-DF-NF-L-H		
VEGETABLE	CORN NIBBLETS	ZUCCHINI AND TOMATO SAUTED	BALSAMIC ROASTED BRUSSEL SPROUTS	CARROTS, MOROCCAN	ACORN SQUASH ROASTED	GRILLED VEGETABLES	ALOO GOBI (HK)
	VG-GF-NF	VG-GF-NF	VG-GF-NF	VG-GF-NF-L	V-VG	VG-GF-NF-L	VG-GF-NF
STARCH	POTATO, RUSSET, BAKED	POTATO, MASHED GARLIC	RISSOTO TOMATO BARLEY	POTATO SCALLOPED	OVEN ROASTED BABY CAJUN POTATO	BAKED BEANS (W/BACON)	POTATO, MASHED GARLIC
	VG-DF-GF-NF-L	VG-GF-NF-L	VG-DF-NF	V-GF-NF	VG-GF-NF-L	DF-NF	VG-GF-NF-L
VEGAN ENTRÉE	THAI SWEET & SPICY TOFU STIR FRY	VEGETABLE & BEAN JAMBALAYA	VEGETARIAN CABBAGE ROLL STYLE CASSEROLE	CAULIFLOWER & LENTIL CURRY	CHILEAN STEW	MIDDLE EAST CHICKPEAS SPINACH	MOROCCAN BARLEY AND VEGETABLES
	VG-DF-GF-NF-L	VG-DF-GF-NF-L	VG-DF-GF-NF-L	VG-DF-GF-NF-L	VG-DF-GF-NF-L	VG-DF-GF-NF-L	VG-DF-GF-NF-L
CARVING STATION (SUNDAY ONLY)	N/A	N/A	N/A	N/A	N/A	N/A	ROAST BEEF
PASTA ENTRÉE	BEEF CANELLONI	CHEESE TORTELLINI W/ MARINARA	CLASSIC MAC AND CHEESE	MEXICAN BEEF LASAGNA	SPAGUETTI WITH MEATBALLS	PENNE PRIMAVERA ALFREDO W/ CHICKEN	TURKEY BOLOGNESE LASAGNA
	NF	V-NF	V-NF	V-NF	NF	NF	NF



# Goods From Other Hoods

## Week 2

Sept 12 - Sept 18

Oct 10 - Oct 16

Nov 7 - Nov 13

Dec 5 - Dec 11

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
ENTRÉE	BEEF SHEPERD'S PIE	SALMON BAKED TERIYAKI-SESAME	CHICKEN BREAST TANDOORI (HALAL)	PORK SOUVLAKI, MONTREAL STYLE	GRILLED LATIN CHICKEN (HALAL)	N/A	N/A
	GF-NF-L	DF-NF-L	GF-NF-L	DF-NF	GF-DF-NF-L		
VEGETABLE	CORN & GREEN PEPPER ROASTED	ZUCCHINI AND TOMATO SAUTED	ALOO GOBI HK	GLAZED CUMIN CARROTS	ACORN SQUASH ROASTED	GRILLED VEGETABLES	BALSAMIC ROASTED BRUSSEL SPROUTS
	VG-GF-NF	VG-GF-NF	VG- GF-NF	VG-GF-NF-L	V-VG	VG-GF-NF-L	VG-GF-NF
STARCH	POTATO, RUSSET, BAKED	POTATO, MASHED GARLIC	RICE, AROMATIC BASMATI	POTATO SCALLOPED	OVEN ROASTED BABY CAJUN POTATO	BAKED BEANS	POTATO, MASHED GARLIC
	VG-DF-GF-NF-L	VG-GF-NF-L	VG-DF-NF	V-GF-NF	VG-GF-NF-L	VG-DF-NF	VG-GF-NF-L
. VEGAN ENTRÉE	BEAN JAMBALAYA	STIR FRIED TOFU SWEET SOUR SAUCE	CAULIFLOWER & LENTIL CURRY	RATTATOUILLE WITH QUINOA AND FRESH HERBS	CHILEAN STEW	MIDLE EAST CHICKPEAS SPINACH	MOROCCAN BARLEY AND VEGETABLES
	VG-DF-GF-NF-L	VG-DF-GF-NF-L	VG-DF-GF-NF-L	VG-DF-GF-NF-L	VG-DF-GF-NF-L	VG-DF-GF-NF-L	VG-DF-GF-NF-L
CARVING STATION (SUNDAY ONLY)	N/A	N/A	N/A	N/A	N/A	N/A	PORK LOIN ROAST CRANB. GLAZED
PASTA ENTRÉE	MEXICAN BEEF LASAGNA	SPAGUETTI WITH MEATBALLS	CLASSIC MAC AND CHEESE	BEEF CANELLONI	CHEESE TORTELLINI MARINARA	PENNE PRIMAVERA ALFREDO WITH CHICKEN	VEGETABLE LASAGNA WITH BECHAMEL SAUCE
	V-NF	NF	V-NF	NF	V-NF	NF	NF



# Goods From Other Hoods

## Week 3

Sept 19 - Sept 25

Oct 17 - Oct 23

Nov 14 - Nov 20

Dec 12 - Dec 18

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
ENTRÉE	MASALA BEEF	PORK CHOPS, GRILLED CAJUN	SALMON BAKED TERIYAKI-SESAME	FRIED CHICKEN NO HALAL	TURKEY MEAT LOAF	N/A	N/A
	GF-DF-NF-L	DF-NF-L	DF-NF-L	DF-NF	GF-DF-NF-L		
VEGETABLE	PEAS AND CARROTS	ZUCCHINI AND TOMATO SAUTED	CAULIFLOWER & CARROTS, ROASTED GINGER	GLAZED CUMIN CARROTS	GREEN BEANS, FRESH	GRILLED VEGETABLES	CAULIFLOWER AU GRATIN
	VG-GF-NF	VG-GF-NF	VG-GF-NF	VG-GF-NF-L	V-VG	VG-GF-NF-L	GF-NF
STARCH	RICE, AROMATIC BASMATI	POTATO, MASHED GARLIC	BROWN RICE	POTATO RED ROASTED WITH ONION	OVEN ROASTED BABY CAJUN POTATO	BAKED BEANS	POTATO, MASHED GARLIC
	VG-DF-NF	VG-GF-NF-L	VG-DF-NF	V-GF-NF	VG-GF-NF-L	VG-DF-NF	VG-GF-NF-L
VEGAN ENTRÉE	CAULIFLOWER AND LENTIL CURRY	BEAN JAMBALAYA	THAI SWEET & SPICY TOFU STIR FRY	RATTATOUILLE WITH QUINOA AND FRESH HERBS	CHILEAN STEW	CHICKPEAS TAJINE	MOROCCAN BARLEY AND VEGETABLES
	VG-DF-GF-NF-L	VG-DF-GF-NF-L	VG-DF-GF-NF-L	VG-DF-GF-NF-L	VG-DF-GF-NF-L	VG-DF-GF-NF-L	VG-DF-GF-NF-L
CARVING STATION (SUNDAY ONLY)	N/A	N/A	N/A	N/A	N/A	N/A	ROASTED BEEF 4 OZ
PASTA ENTRÉE	SPAGHETTI ALFREDO	CHEESE TORTELLINI MARINARA	CLASSIC MAC AND CHEESE	MEXICAN BEEF LASAGNA	MEAT RAVIOLI WITH MARINARA	PENNE PRIMAVERA ALFREDO WITH CHICKEN	VEGETABLE LASAGNA WITH BECHAMEL SAUCE
	V-NF	V-NF	V-NF	V-NF	NF	NF	NF



# Goods From Other Hoods

## Week 4

Sept 26 - Oct 2

Oct 24 - Oct 30

Nov 21 - Nov 27

Dec 19 - Dec 23

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
ENTRÉE	SALISBURY STEAK	SALMON, ROASTED, CORNMEAL CRUSTED	BEEF KAFTA HARISA YOGURT SAUCE	HERB ROASTED CHICKEN	CHICKEN BREAST AND MUSHROOMS	N/A	N/A
	GF-NF-L	DF-NF-L	GF-NF-L	DF-NF	H-GF-DF-NF-L		
VEGETABLE	CORN & GREEN PEPPER ROASTED	ZUCCHINI AND TOMATO SAUTED	CARROTS, MOROCCAN	CORN, NIBBLETS	ACORN SQUASH ROASTED	GRILLED VEGETABLES	STEAMED PEAS
	VG-GF-NF	VG-GF-NF	VG-GF-NF	VG-GF-NF-L	V-VG	VG-GF-NF-L	VG-GF-NF
STARCH	POTATO ROSEMARY ROASTED WEDGE	RICE, MEXICAN BROWN	COUS COUS WITH GRILLED VEGETABLES	BAKED BLACK BEANS AND PICO DE GALLO	OVEN ROASTED BABY CAJUN POTATO	PILAF, MUSHROOM BARLEY	POTATO, MASHED GARLIC
	VG-DF-GF-NF-L	VG-GF-NF-L	VG-DF-NF	V-GF-NF	VG-GF-NF-L	VG-DF-NF	VG-GF-NF-L
VEGAN ENTRÉE	BEAN JAMBALAYA	STIR FRIED TOFU SWEET SOUR SAUCE	MIDDLE EAST CHICKPEAS SPINACH	RATTATOUILLE WITH QUINOA AND FRESH HERBS	CHILEAN STEW	CAULIFLOWER AND LENTIL CURRY	QUINOA, LENTIL AND KALE STEW
	VG-DF-GF-NF-L	VG-DF-GF-NF-L	VG-DF-GF-NF-L	VG-DF-GF-NF-L	VG-DF-GF-NF-L	VG-DF-GF-NF-L	VG-DF-GF-NF-L
CARVING STATION (SUNDAY ONLY)	N/A	N/A	N/A	N/A	N/A	N/A	PORK LOIN ROAST CRANBERRY GLAZED
PASTA ENTRÉE	PEROGIES, GARLIC BUTTER, BACON, CHEDDAR	SPINACH AND CHEESE CANNELLONI	CLASSIC MAC AND CHEESE	PENNE PRIMAVERA ALFREDO WITH CHICKEN	CHEESE TORTELLINI MARINARA	SPAGUETTI AND MEAT BALLS	VEGETABLE LASAGNA
	V-NF	NF	V-NF	NF	V-NF	NF	NF