

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meals are delivered Monday to Friday 10:30am -1:00pm		This menu is subject to change without notice and may contain alternatives based on your diet restrictions.		Please provide 48 hours' notice for order cancellation.		
				1 3-Bean Soup Chicken Thigh w/ Fennel Cream Sauce Back Bacon & Egg English Muffin	2 Chicken Noodle Soup Butternut Squash Ravioli w/ Sage Sauce Pastrami & Mustard Sandwich	3 Chef's Choice Soup Veal Cutlet w/ Mushroom Gravy Italian Sub
4 Chef's Choice Soup Chef's Choice Curried Tuna Sandwich	5 Butternut Squash Soup Maple Bacon Chicken w/ Carrots & Mash Potato Egg Salad Sandwich	6 Mulligatawny Soup Orange & Ginger Salmon w/ Couscous Italian Sub	7 Golden Beet Borscht Soup Eggplant Parmesan w/ Margarita Bread Sausage & Cheese on English Muffin	8 Tomazzo Soup Meatloaf Wellington & Saskatoon Berry Au Jus Smoky Grilled Cheese	9 Beef Vegetable Soup Citrus Glazed Porkloin w/ Brussel Sprouts 3-Cheese Grilled Cheese	10 Chef's Choice Soup Chef's Choice Bologna & Mustard Sandwich
11 Chef's Choice Turkey w/ Cranberry Stuffing Roast Beef Sandwich w/ Horseradish Aioli	12 Chef's Choice Soup Chef's Choice Tuna Salad Sandwich	13 Curried Yam Soup Cajun Tilapia w/ Rice Pilaf Chicken Slider	14 Turkey & Rice Soup Chicken w/ Rosemary Gravy Ham & Swiss Sandwich	15 Tomato Florentine Soup Roast Beef w/ Mushroom Gravy Roast Beef w/ Swiss Sandwich	16 Broccoli & Cheddar Soup BBQ Pork Rib w/ Corn on the Cob Chicken Quesadilla	17 Chef's Choice Soup Swedish Meatball w/ Egg Noodle Pizza Sub
18 Chef's Choice Soup Chef's Choice Roasted Vegetable on Foccacia	19 Dill Pickle Soup 5-Cheese Ravioli w/ Marinara Sauce Turkey Salad Sandwich	20 Chicken Gnocchi Soup Grilled Basa Fillet w/ Salsa Bacon Grilled Cheese	21 Fennel & Sausage Soup Turkey Chili w/ Garlic Bread Greek Vegetable Wrap	22 Fall Squash Soup Orange & Honey Ham w/ Beet Crisp Smashed Chickpea Salad Sandwich	23 Asparagus & Mushroom Soup Breaded Beef Liver w/ Gravy Tuna Melt Sandwich	24 Chef's Choice Soup Deconstructed Cordon Bleu Turkey Sandwich w/ Sundried Tomato Pesto
25 Chef's Choice Soup Chef's Choice French Onion Meatball Sub	26 French Onion Soup Roasted Vegetable Quiche Dill Pickle Chicken Salad Sandwich	27 Loaded Baked Potato Soup Fish & Chips w/ Potato Wedges Reuben on Marble Rye Sandwich	28 Carrot Ginger Soup Penne Chicken Alfredo Roast Beef Sandwich w/ Crispy Onion	29 Beef Barley Soup Ale Braised Brisket w/ Mashed Potato Cucumber & Cream Cheese Sandwich	30 Chef's Choice Soup Soy Ginger Pork Tenderloin Grilled Cheese Sandwich	31 Pumpkin & Yam Soup Beef 'Ghoul'ash Broccolini Cheesesteak Sandwich



October 21

Turkey Chili, featuring recipe by Global personality Erin Chalmers

