

**MAINE STREET DINER MENU – November 2- November 20, 2009**

V=Vegetarian (no meat products); VGN=Vegan (no egg, dairy, or meat products)

<<S>> Fish/Shellfish allergy alert; <<-N>> Nut/Peanut allergy alert

**SERVED DAILY:**Chicken Tenders, Macaroni & Cheese, Smashed Potatoes, Stuffing



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of 11/2/09	Herb Crusted Pork Loin♥ Country Fried Steak Spicy Tofu with Basil-VGN Baked Sweet Potatoes Broccoli Florets-VGN	Marinated Flank Steak White Lightening Chicken Chili Cannellini Beans and Orzo-VGN Baked Potato Corn-VGN	Roast Turkey♥ <<Baked Salmon - S>> ♥ Tofu Stuffed Portabella Mushroom Cap-VGN Butternut Squash Apple-Cranberry Bake-VGN Rice Pilaf Broccoli Florets-VGN	Yankee Pot Roast St Louis BBQ Pork Ribs Tempeh with Roasted Vegetables-VGN♥ Oven Brownd Potatoes Green Peas-VGN	Chicken with Creamy Mushrooms and Leeks Blackened Steak Tips Tofu Vegetable Saute-VGN♥ Egg Noodles Parslied Baby Carrots-VGN
Week of 11/9/09	Batter Dipped Chicken London Broil with Sherry Mushroom Sauce Garden Chili-VGN Oven Brownd Potatoes Corn-VGN	Cajun-Honey Roasted Pork Loin Beef Pot Pie BBQ Tempeh-VGN Long Grain and Wild Rice Chopped Spinach-VGN	Montreal Chicken Salisbury Meatloaf <<Pad Thai-N>>-VGN Parmesan Roasted Red Potatoes Broccoli Florets-VGN	Beef Bourguignon Herb Roasted Turkey Breast Jazzman Jambalaya-VGN Egg Noodles Parslied Baby Carrots-VGN	<<Lemon Pepper Haddock-S>> Pork Loin Stuffed with Spinach and Roasted Peppers Vegetable Pot Pie-V Rice Pilaf Prince William Vegetables-VGN
Week of 11/16/09	Roast Turkey Shepherd's Pie Tex Mex Bake-V Baked Potato Broccoli Florets-VGN	<<Baked Herb Crusted Haddock-S>> Apple-Stuffed Roast Pork Loin <<Sweet Potato Casserole-N>>V Tempeh with Hot Chili Garlic Sauce-VGN Green Beans-VGN	Swedish Meatballs Turkey Pot Pie Authentic Cajun Red Beans and Rice-VGN Egg Noodles Corn-VGN	Cumin Crusted Pork Loin Wild Rice Stuffed Acorn Squash-VGN Butternut Squash & Cheddar Bread Pudding-V Bread Stuffing-V Smashed Potatoes-V <<Green Beans Almondine-N>>-VGN	Braised Beef Tips BBQ Chicken Hot and Spicy Noodles with Vegetables-VGN Scalloped Potatoes Chopped Spinach-VGN

