

SALUMARIA MENU –November 1- November 21, 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: Pasta or Organic Whole Wheat Pasta♥ with choice of sauces



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week of 11/01/09	Pasta, Pizza, & Subs	Chicken Parmesan Garlic Broccoli Linguine-VGN	Baked Ziti with Meat Sauce Tuscan Rice and Beans-VGN	Chicken Broccoli Alfredo Tortellini Primavera-V	Buffalo Chicken Lasagna Bowties with Exotic Mushrooms-V	<<Mediterranean Tilapia-S>> Cheese Ravioli with Pumpkin Sage Sauce-V	Pasta, Pizza, & Subs
Week of 11/8/09	Pasta, Pizza, & Subs	Chicken & Broccoli Scampi <<Tortellini with Creamy Pesto-N>> V	Baked Penne Carbonara Roasted Garlic & Spinach Ravioli with Mushroom Alfredo-V	Meat Lasagna Creamy Greek Pasta-V	Pork Riviera Whole Wheat Grilled Vegetable Ravioli with Garlic-V	Chicken Marsala Whole Wheat Tomato Basil Pasta-VGN	Pasta, Pizza, & Subs
Week of 11/15/09	Pasta, Pizza, & Subs	Skewerless Chicken Kabobs Manicotti-V	Chicken Ravioli with Artichokes in Parmesan Cream Vegetable Orzo-VGN	Calzones <<Bowties with Pine Nuts & Sundried Tomatoes-N>>-VGN	<<Stuffed Haddock Alfredo-S>> Vegetarian Baked Ziti-V	Italian Steak Tips with Mushrooms and Roasted Peppers Tortellini Broccoli Alfredo- V	Pasta, Pizza, & Subs

