

## OCTOBER 2021

### WEEK 1

01 PIZZA

### WEEK 2

04 SPAGHETTI AND MEATBALLS W/BROCCOLI,GARLIC BREAD

05 TACOS

06 BBQ DRUMSTICKS W/CHEESE MASH, CARROTS

07 GRILL DAY

08 PIZZA

### WEEK 3

12 CHICKEN PARM W/PENNE PASTA AND BROCCOLI.

13 MOJO PORK W/ RICE, BEANS, SWEET PLANTAINS.

14 GRILL DAY

15 PIZZA

### WEEK 4

18 SPAGHETTI BOLOGNESE W/GARLIC BREAD, BROCCOLI

19 TACOS

20 ROTISSERIE CHICKEN, HOMEMADE MAC AND CHEESE, BROCCOLI

21 GRILL DAY

22 PIZZA

### WEEK 5

25 GRILL LEMON CHICKEN W/GREEN BEANS, MASH POTATO.

26 TERIYAKI CHICKEN W/WHITE RICE, BROCCOLI.

27 BBQ PORK SANDWICH W/MAC AND CHEESE

28 GRILL DAY

29 PIZZA