



## Arbor Farms Kitchen

# October Entrees & Salads

### Rotating Seasonal Favorites

	1-Oct	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
	Chicken Pot Pie	Turkey Gruyere Burgers	G-F Almond Breaded Chicken	Fish Cakes	Bacon & Jalapeno Mac n Cheese	Ginger Lime Thighs
	Rstd Red Pepper Corn Cakes	Stuffed Acorn Squash	Black Bean Burgers	Zucchini Fritters	Corn and Shiitake Frittata	Tortilla Black Bean Pie
	Carrot Raisin Salad	Tuscan White Bean Salad	Broccoli Chutney	Spiced Whipped Sweet Potatoes	Imperial Chicken Salad	Blue Cheese Pasta
7-Oct	8-Oct	9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
Grilled Blackened Chicken	Chicken Pot Pie	Turkey Gruyere Burgers	Tuscan Stuffed Peppers	Fish Cakes	Breaded Chicken	South American Picadillo Casserole
Mushroom Stuffed Gratin	Spinach Roasted Red Pepper Gratin	Stuffed Acorn Squash	Black Bean Burgers	Zucchini Fritters	Mediterranean Frittata	Cauliflower Fritters
Tarragon Chicken Salad	Grilled Salmon Salad	Spicy Vietnamese Tofu Salad	Waldorf Salad	Apple and Cabbage Slaw	Imperial Chicken Salad	Carrot Chickepea Salad
14-Oct	15-Oct	16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
Garlic Tomato Burgers	Chicken Pot Pie	Turkey Gruyere Burgers	G-F Almond Breaded Chicken	Fish Cakes	Bacon & Jalapeno Mac n Cheese	Ginger Lime Thighs
Portobello Parmesan	Rstd Red Pepper Corn Cakes	Stuffed Acorn Squash	Black Bean Burgers	Zucchini Fritters	Corn and Shiitake Frittata	Tortilla Black Bean Pie
Wheatberry Spring Salad	Carrot Raisin Salad	Tuscan White Bean Salad	Broccoli Chutney	Spiced Whipped Sweet Potatoes	Imperial Chicken Salad	Blue Cheese Pasta
21-Oct	22-Oct	23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
Grilled Blackened Chicken	Chicken Pot Pie	Turkey Gruyere Burgers	Tuscan Stuffed Peppers	Fish Cakes	Breaded Chicken	South American Picadillo Casserole
Mushroom Stuffed Gratin	Spinach Roasted Red Pepper Gratin	Stuffed Acorn Squash	Black Bean Burgers	Zucchini Fritters	Mediterranean Frittata	Cauliflower Fritters
Tarragon Chicken Salad	Grilled Salmon Salad	Spicy Vietnamese Tofu Salad	Waldorf Salad	Apple and Cabbage Slaw	Imperial Chicken Salad	Carrot Chickepea Salad
28-Oct	29-Oct	30-Oct	31-Oct			
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
Garlic Tomato Burgers	Chicken Pot Pie	Turkey Gruyere Burgers	G-F Almond Breaded Chicken			
Portobello Parmesan	Rstd Red Pepper Corn Cakes	Stuffed Acorn Squash	Black Bean Burgers			
Wheatberry Spring Salad	Carrot Raisin Salad	Tuscan White Bean Salad	Broccoli Chutney			
	<b>CREATIONS</b>	<b>AVAILABLE</b>	<b>EVERY</b>	<b>DAY</b>	<b>IN</b>	<b>October</b>
<b>Every Day Entrees:</b>	Salmon Burgers	Grilled Chicken Breast	<b>Every Day Salads:</b>	Classic Potato Salad	Broccoli Sunshine	Almond-Dill Chicken Salad
Grilled Salmon	Vegetable Lasagna	Mario's Lasagna	Quinoa Tabbouleh	AFM Chicken Salad	AFM Tuna Salad	Not-Chicken of the Sea
Sesame-cruste Tofu Cutlets	Mac n' Cheese	Turkey Meat Loaf	Sesame Green Beans	AFM Coleslaw	AFM Macaroni Salad	Greek Pasta Salad