

Peachtree Road Lutheran Preschool
Lunch Menu - October 2017

2 Spaghetti with meat sauce Sweet peas	3 Chicken breast Basmati rice Broccoli	4 Pulled pork Mashed potatoes Green beans	5 Chicken tacos Guacamole, sour cream Black beans	6 Beef fried rice Asian vegetables
9 Parent conferences	10 Chicken breast Couscous Mixed vegetables	11 Beef and beans chili Corn chips	12 Chicken breast Basmati rice Mixed Veggies	13 BBQ pork Quinoa with peas and carrots
16 Beef fried rice Asian vegetables	17 Parmesan cheese pork loin Sweet potatoes Sweet peas	18 Chicken stroganoff Basmati rice Green beans	19 Chicken quesadilla Refried beans Sour cream Salad	20 Arroz con pollo Baked rice with chicken and vegetables
23 Roasted chicken breast Orzo pasta with pesto Mixed vegetables	24 Turkey meatloaf Broccoli Basmati rice	25 Mac and cheese Green beans	26 Tomato and basil soup Grilled cheese sandwich	27 Meat lasagna Sweet peas
30 Roasted Turkey breast Quinoa Spinach	31 Herbed tilapia Mashed sweet potatoes Garden salad			

- Organic fresh fruit is served in every meal
- Kids with special diets will be served a different meal to fit their needs.
- Menu might change according to availability of items
- For questions and comments please contact me at chefrogerio@live.com

By Executive Chef Rogerio Martins