

Peachtree Road Lutheran Preschool  
Lunch Menu - October 2018

1 Chicken Penne pasta with butter Green peas	2 Bratwurst Basmati rice Chickpea salad	3 Chicken tacos Guacamole Sour cream Shredded cheese	4 Herbed tilapia Brown rice Green beans	5 Lasagna Broccoli
8 Parent-Teacher Conferences No classes (Except for Infants)	9 Pulled pork Parmesan cheese stone ground grits Green beans	10 Chicken salad Mashed sweet potatoes Mixed vegetables	11 Beef and lamb Meatloaf Broccoli Basmati rice	12 Spaghetti Meat sauce Green peas
15 Beef fried rice Asian vegetables	16 Chicken breast Fettuccini with alfredo sauce broccoli	17 Chicken stroganoff Basmati rice Green beans	18 Salmon Mashed potatoes Salad	19 Roasted Turkey breast Quinoa Carrots
22 Chicken Penne pasta with pesto Broccoli	23 Chicken quesadilla Refried beans Sour cream Salad	24 Pulled pork Parmesan cheese stone ground grits Green peas	25 Beef and beans chili Sour cream Corn chips Cheddar cheese	26 Bratwurst Mashed potatoes Mixed vegetables
29 Roasted Turkey breast Quinoa with Spinach	30 Spaghetti Meat sauce Broccoli	31 Beef fried rice Asian vegetables		

- 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](mailto:chefrogerio@live.com)

By Executive Chef Rogerio Martins