

## FALL MENU

Menu 1	Seitan Korma	<u>Cashews over Curried Quinoa</u> (Gluten Free)	<u>Lentille Elodie</u> (Gluten Free)	<u>Iaio's Stew</u>	Greek Lasagna	Cottage Pot Pie (Gluten Free)	Paella (Gluten Free)	<u>Bruschetta Bianca</u>
DESSERT OF THE WEEK: BAKED STUFFED APPLES								
Menu 2	Mousakka (Gluten Free)	<u>Strata</u> (Gluten Free)	<u>Barley Ginger Stew</u>	<u>Dhal</u> (Gluten Free)	Pad Thai	Riso with Ceci (Gluten Free)	Enchilada	<u>Chili Sin Carne</u>
DESSERT OF THE WEEK: APPLE ROSE PUDDING								
Menu 3	<u>Inca Harvest</u> (Gluten Free)	<u>Caldereta</u> (Gluten Free)	<u>Seitan Ragout</u>	Spaghetti with Wheatballs	Nut Pilaf (Gluten Free)	Cauliflower Gratin (Gluten Free)	Amaranth Millet Stew (Gluten Free)	<u>Tofu Pizza</u>
DESSERT OF THE WEEK: PUMPKIN FLAN								
Menu 4	<u>Quinoa Pomagranate</u> (Gluten Free)	<u>Macro Mediterranean Rice</u>	<u>Kasha Wraps</u>	Spaghetti La Noix	Rice a la Dijon (Gluten Free)	Kitchiri (Gluten Free)	Gallo Pinto (Gluten Free)	<u>Shiro Inopia</u>
DESSERT OF THE WEEK: HAUNTED BREAD PUDDING								
Menu 5	<u>Tuscan Quinoa</u> (Gluten Free)	<u>Frijoles Rancheros</u> (Gluten Free)	<u>Corn Chowder</u> (Gluten Free)	Linguine Abruzzo	Arroz Tres Delicias (Gluten Free)	Gingered Seitan	Homestyle Lentils (Gluten Free)	<u>Bean Cassoulet</u>
DESSERT OF THE WEEK: COCOA GLACE TART								