

## FALL MENU

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