

HOT LUNCH

October MENU 2024



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Red Chile enchiladas with fruit and veggies	2 Spaghetti amatriciana with garlic bread, fruit and veggies	3 Iranian sausage sandwich (sosis bandari) with chips and fruit	4 Pizza with fruit and veggies
7 Ham and cheese flatbread with fruit and veggies	8 Carne guisada with rice, beans, and fruit	9 Penne with lemon butter, garlic bread, fruit and veggies	10 Egyptian Tegen with fruit	11 Fall Break, School Closed
14 Indigenous Peoples Day, School Closed	15 Cheese quesadilla with stewed black beans, fruit and veggies	16 Italian sausage panini with chips, fruit and veggies	17 Green coconut curry with rice, fruit and veggies	18 Pizza dippers with fruit and veggies
21 Mac and Cheese with fruit and veggies	22 Beef tacos with fruit and veggies	23 Minestrone with garlic bread and fruit	24 Biang biang noodles with fruit and veggies	25 Pizza with fruit and veggies
28 Sunbutter and jelly sandwich with chips, fruit and veggies	29 Chilaquiles with fruit and veggies	30 Baked penne marinara with fruit and veggies	31 Halloween Footloaf with mashed potato, fruit and veggies	

To purchase lunch, please order through the [Harwood Cafe Website](#).

Daily - \$5.5 Monthly - \$95 By Semester - \$295

vegetarian options available