



**GOURMET
GORILLA**

Monday Tuesday Wednesday Thursday Friday

Monday, November 3 Ravioli w/Marinara Sauce Mozzarella Cheese Garlic Green Beans Apple Slices	Tuesday, November 4 Zesty BBQ Chicken <i>Zesty BBQ Tofu</i> Brown Rice Steamed Peas Pear Slices	Wednesday, November 5 Riso al Forno <i>Greek Tomato Lentils w/Brown Rice</i> Broccoli Pineapple	Thursday, November 6 Turkey Sausage Patties <i>Veggie Sausage Patties</i> WG Pancake Cucumber Slices Melon Mixed Berry Compote	Friday, November 7 WG Chicken Patty <i>Black Bean Burger</i> WG Hamburger Bun Steamed Carrots Applesauce Ketchup
Monday, November 10 Chicken Tinga <i>Veggie Taco "Meat"</i> Flour Tortilla Red Pepper Strips Pear Slices Salsa	Tuesday, November 11 Rotini w/Tomato Cream Sauce Mozzarella Cheese Squash Medley Apple Slices	Wednesday, November 12 Turkey Chili <i>Three Bean Chili</i> Cornbread Roasted Potatoes Melon Shredded Cheddar Cheese	Thursday, November 13 Bell & Evans Chicken Nuggets <i>GF/DF/EF Veggie Nuggets</i> WG Bread Broccoli Fruit Salad CP Ketchup	Friday, November 14 Tortellini w/Marinara Sauce Mozzarella Cheese Steamed Carrots Applesauce
Monday, November 17 Sweet & Savory Chicken <i>Dahl Lentils</i> Brown Rice Squash Medley Apple Slices	Tuesday, November 18 Penne w/Tomato Cream Sauce Mozzarella Cheese Green Beans Pear Slices	Wednesday, November 19 Turkey Meatloaf <i>Veggie Meatloaf</i> WG Bread Mashed Potatoes Fruit Salad HP Gravy	Thursday, November 20 Pizza Bread Marinara Sauce Broccoli Pineapple	Friday, November 21 Savory Hoisin-Glazed Chicken <i>Savory Hoisin-Glazed Tofu</i> (Not So) Fried Rice Red Pepper Strips Orange Slices
Monday, November 24 Peri Peri Chicken <i>Peri Peri Tofu</i> Arroz Verde Green Beans Apple Slices	Tuesday, November 25 Creamy Mac & Cheese Broccoli Pear Slices	Wednesday, November 26 Kung Pao Chicken <i>Kung Pao Tofu</i> (Not So) Fried Rice Peas & Carrots Melon	Thursday, November 27 Thanksgiving!	Friday, November 28 Thanksgiving!

WG= Whole Grain
CHP= Cantaloupe, Honeydew, Pineapple

FALL LUNCH MENU

November 2025

GourmetGorilla.com