

ate.

Menus for October

Week of October 1st

Chilled cucumber yogurt soup
Roasted filet of salmon with roasted asparagus
Sour cream pound cake with fruit compote

Chickpeas and chard with cilantro and cumin
Ginger eggplant with tomato conserve
Coconut macaroons

Shredded carrot salad with lemon vinaigrette
Shepherd's pie
Crispy chocolate wafers

Week of October 8th

Spinach salad with bacon, goat cheese and pickled onions
Sorrel, onion and fontina bread pudding
Raspberry jam bars

Mixed green salad with shallot mustard dressing and parmesan cheese
Crispy polenta with braised greens and cannellini beans
Pear tart

Assorted Autumn vegetables with green goddess dressing
Turkey sloppy joes
Chocolate cupcakes

Week of October 15th

Caesar salad
Ricotta and spinach cannelloni
Brutti ma buoni Ugly but good cookies

Lettuce and herb salad with lemon vinaigrette
Chicken pot pie
Chocolate tube cake

Jicama and cucumber salad with chile
Pork posole
Tortillas, shredded lettuce, radishes and lime
Flan

Week of October 22nd

Mixed green salad with shallot vinaigrette
Braised pork with greens and beans
Black sticky gingerbread

Stewed black beans with onion and red pepper
Tortillas, cheese, avocado, cilantro and tomato
Spanish rice
Key lime pie

Mushroom soup
Corn empanadas
Beef empanadas
Currant biscotti