


# October 2022 *Eat Well Café Menu* 909 Arapahoe, M-F, 11 am–1 pm

Mon	Tue	Wed	Thu	Fri
3 Vermouth Risotto - Shrimp & Grits	4 Tandoori Chicken - Brats & Sauerkraut	5 Coconut Curried Shrimp - Stuffed Peppers	6 Beef Sirloin - Chicken Fried Chicken	7 Pork Chops - Provincial Vegetarian Stew
10 Lemon Pepper Tilapia - Chicken Piccata	11 Pork Schnitzel - Ratatouille	12 Cheese Burgers - Fish & Chips	13 Vegetable Bolo - Beef Tips with Mushrooms	14 Chicken Parmesan - Pork Ragu
17 Catfish - Lasagna Roll-Up	18 Chicken Fried Steak - Teriyaki Fish	19 Chicken Enchiladas - Italian Pork	20 Chili Beans - Chicken Curry	21 Tuscan Pork - Spaghetti & Meatballs
24 Eggplant Steak - Rosemary Pork Loin	25 Pot Roast - Cod with Tomato White Wine Sauce	26 Country Chicken - Meatloaf & Mashed Potatoes	27 Pork Ribs - Southwestern Vegetarian Chili	28 Pan Seared Cod - Chicken Mole
31 Bloody Salmon - Ghoul-ash	 <p><b>HAPPY HALLOWEEN</b></p>		<p>Eat Well Café Sara Steinman, Café Manager Max Machuca, Chef</p> <p>Due to food shortages, menu items are subject to change without notice. Thank you for your patience!</p>	