


November 2022 *Eat Well Café Menu*

Mon	Tue	Wed	Thu	Fri
	1 Pork Sausages - Lemon Butter Tilapia	2 Chicken Alfredo - Red & White Manicotti	3 Chili Burger - Roasted Pork	4 Vegetable Vermicelli - Sweet & Sour Chicken
7 Cream Tagliatelle with Mushrooms - Lemon Oreganato Pork	8 Pork Pozole - Chicken Patty & Mashed Potatoes	9 Honey Mustard Chicken Breast - Shrimp in Zesty Tomato Sauce	10 Beef Enchiladas - Eggplant Parmesan	11 Veterans Day Café Closed
14 Pesto Pasta - Tortilla Crusted Tilapia	15 Beef Bulgogi - Mushroom Stroganoff	16 Catfish Nuggets - Beef Stew	17 Korean Fried Chicken - Sausage & Wild Rice Casserole	18 Pork Lasagna - Chicken Piccata
21 Tilapia - Spaghetti with Meat Sauce	22 Frito Pie - White Bean Chili	23 Turkey Dinner	24 Café Closed Thanksgiving	25 Café Closed
28 Carne Asada - Chicken Parmesan	29 Bucatini all' Amatriciana - Vegetarian Cassoulet	30 Beer Batter Cod - Meatloaf	Eat Well Café Sara Steinman, Café Manager Max Machuca, Chef Due to food shortages, menu items are subject to change without notice. Thank you for your patience!	