

# MOUNT BENSON MARKET

Week of **Oct 10 – Oct 16**

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>OPTION ONE</b></p> <ul style="list-style-type: none"> <li>• Chicken Fettuccini Alfredo</li> </ul>	<p><b>OPTION ONE</b></p> <ul style="list-style-type: none"> <li>• Turkey Dinner</li> <li>• Mashed Potatoes</li> <li>• Buttered Peas</li> </ul>	<p><b>OPTION ONE</b></p> <ul style="list-style-type: none"> <li>• Butter Chicken</li> <li>• Basmati Rice</li> <li>• Curried Cauliflower and Carrots</li> </ul>	<p><b>OPTION ONE</b></p> <ul style="list-style-type: none"> <li>• Homemade Meatloaf</li> <li>• Smashed Potatoes</li> <li>• Buttered Peas</li> <li>• Roasted Zucchini</li> </ul>	<p><b>OPTION ONE</b></p> <ul style="list-style-type: none"> <li>• Grilled Pork Chops</li> <li>• Roasted Potatoes</li> <li>• Buttered Green Beans</li> <li>• Corn Niblets</li> </ul>	<p><b>OPTION ONE</b></p> <ul style="list-style-type: none"> <li>• Roasted Chicken Breast</li> <li>• Wild Rice Blend</li> <li>• Roasted Cauliflower</li> <li>• Honey Glazed Carrots</li> </ul>	<p><b>OPTION ONE</b></p> <ul style="list-style-type: none"> <li>• Ginger Beef</li> <li>• Sweet Chilli Chicken</li> <li>• Basmati Rice</li> <li>• Chow Mein</li> <li>• California Mixed Vegetables</li> </ul>
<p><b>OPTION TWO</b></p> <ul style="list-style-type: none"> <li>• Fettuccini Alfredo</li> </ul>	<p><b>OPTION TWO</b></p> <ul style="list-style-type: none"> <li>• Beyond The Meat Dinner</li> <li>• Mashed Potatoes</li> <li>• Buttered Peas</li> </ul>	<p><b>OPTION TWO</b></p> <ul style="list-style-type: none"> <li>• Spinach and Chickpeas</li> <li>• Basmati Rice</li> <li>• Curried Cauliflower and Carrots</li> </ul>	<p><b>OPTION TWO</b></p> <ul style="list-style-type: none"> <li>• Homemade Lentil Meatloaf</li> <li>• Smashed Potatoes</li> <li>• Buttered Peas</li> <li>• Roasted Zucchini</li> </ul>	<p><b>OPTION TWO</b></p> <ul style="list-style-type: none"> <li>• Grilled Vegetable Kebabs</li> <li>• Roasted Potatoes</li> <li>• Buttered Green Beans</li> <li>• Corn Niblets</li> </ul>	<p><b>OPTION TWO</b></p> <ul style="list-style-type: none"> <li>• Quinoa and Garlic Stuffed Bell Peppers</li> <li>• Wild Rice Blend</li> <li>• Roasted Cauliflower</li> <li>• Honey Glazed Carrots</li> </ul>	<p><b>OPTION TWO</b></p> <ul style="list-style-type: none"> <li>• Tempura Tofu</li> <li>• Basmati Rice</li> <li>• Chow Mein</li> <li>• California Mixed Vegetables</li> </ul>
<p><b>EXTRAS</b></p> <ul style="list-style-type: none"> <li>• Garlic Break</li> </ul>	<p><b>EXTRAS</b></p> <ul style="list-style-type: none"> <li>• Gravy</li> </ul>	<p><b>EXTRAS</b></p> <ul style="list-style-type: none"> <li>• Garlic Naan Bread</li> </ul>	<p><b>EXTRAS</b></p> <ul style="list-style-type: none"> <li>• Gravy</li> </ul>	<p><b>EXTRAS</b></p> <ul style="list-style-type: none"> <li>• House Made Apple Chutney</li> </ul>	<p><b>EXTRAS</b></p> <ul style="list-style-type: none"> <li>• Sundried Tomato Cream Sauce</li> </ul>	<p><b>EXTRAS</b></p> <ul style="list-style-type: none"> <li>• Fortune Cookie</li> </ul>