

MOUNT BENSON MARKET

Week of **Oct 17 to Oct 23**

| SATURDAY | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|--|---|
| <p>OPTION ONE</p> <ul style="list-style-type: none"> • Shepherd's Pie | <p>OPTION ONE</p> <ul style="list-style-type: none"> • Gourmet Mac & Cheese | <p>OPTION ONE</p> <ul style="list-style-type: none"> • Tempura Cod • Crispy Potato Wedges • Homemade Coleslaw | <p>OPTION ONE</p> <ul style="list-style-type: none"> • BBQ Pork Ribs • Baked Potato • Steamed Buttered Green Beans | <p>OPTION ONE</p> <ul style="list-style-type: none"> • Thai Green Curry Chicken Thighs • Jasmine Rice • California Vegetable Mix | <p>OPTION ONE</p> <ul style="list-style-type: none"> • Honey-Glazed Ham • Smashed Potatoes • Roasted Carrots | <p>OPTION ONE</p> <ul style="list-style-type: none"> • Chicken Parmesan • Buttered Penne Pasta • Caesar Salad |
| <p>OPTION TWO</p> <ul style="list-style-type: none"> • Shepherd's Pie | <p>OPTION TWO</p> <ul style="list-style-type: none"> • Gourmet Mac & Cheese | <p>OPTION TWO</p> <ul style="list-style-type: none"> • Tempura Tofu • Crispy Potato Wedges • Homemade Coleslaw | <p>OPTION TWO</p> <ul style="list-style-type: none"> • Grilled Marinated Portabello Mushroom • Baked Potato • Steamed Buttered Green Beans | <p>OPTION TWO</p> <ul style="list-style-type: none"> • Green Curry Tofu • Jasmine Rice • California Vegetable Mix | <p>OPTION TWO</p> <ul style="list-style-type: none"> • Vegan Sausage • Smashed Potatoes • Roasted Carrots | <p>OPTION TWO</p> <ul style="list-style-type: none"> • Eggplant Parmesan • Garlic Toast • Grilled Zucchini |
| <p>EXTRAS</p> | <p>EXTRAS</p> | <p>EXTRAS</p> <ul style="list-style-type: none"> • Lemon Wedge • Tartar Sauce | <p>EXTRAS</p> <ul style="list-style-type: none"> • Sour Cream • Green Beans • Bacon Bits | <p>EXTRAS</p> <ul style="list-style-type: none"> • Green Onion Garnish | <p>EXTRAS</p> <ul style="list-style-type: none"> • Dijon • Caramelized Onion • Gravy | <p>EXTRAS</p> <ul style="list-style-type: none"> • Parmesan • Bacon Bits • Croutons |