

MOUNT BENSON MARKET

Week of **Oct 24 – Oct 30**

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