

# MOUNT BENSON MARKET

Week of **Sept 12 to Sept 18**

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