

# the Bean

## Lunch October 3rd

snack attack

Garlic Cheese  
Bread

feature of the day

Triple Cheese  
Baked Bolognese

starch of the day

Pappardelle Pasta

Fresh Vegetables  
of the  
Season

Mushroom Alfredo

GF Penne

Vegan  
Dairy Free  
Gluten Free

Seasonal Vegetable  
Primavera

Super Food &  
Salad Station

Cereal  
& Granola Bar

Panini  
& Wrap Counter

Soup  
of the Day

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## Dinner October 3rd

snack attack

Onion Rings

Fresh Vegetables  
of the  
Season

Super Food &  
Salad Station

feature of the day

Pork Chops  
with  
Caramelized Apple  
Jus

Vegan  
Dairy Free  
Gluten Free

Roast Cauliflower  
over Black Lentils

Cereal  
& Granola Bar

Panini  
& Wrap Counter

starch of the day

Buttered  
Mashed Potatoes

Wild Rice

Soup  
of the Day