



LUNCH MENU

Note: Lunches are \$5 daily. *Please circle desired days to purchase and make all payments to Renaissance Montessori by September 26.*

~ October 2014 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 NEOMONDE Chicken Shawarma with Mjadarah & Black Bean Salad	2 NEOMONDE Chicken Kabob with Corn Salad & Orza	3	4
5	6	7 CHEF CINDY NC Apples & Pecan Salad over Baby Kale Salad with Whole Grain Toast Points & GF Almond Crisps	8 NEOMONDE Veggie Lasagna with CousCous & Hummus	9 NEOMONDE Maklouba with Black Bean Salad & Falafel	10	11
12	13	14 CHEF CINDY Bean and Cheese Quesadillas with late Summer Tomato & Cucumber Salsa, Greek Yogurt & Granola Parfait	15 NEOMONDE Cheese Pie with Corn & CousCous	16 NEOMONDE Chicken Wrap with Mjadarah & Tatziki	17	18
19	20	21 CHEF CINDY Black Bean and NC Corn Chili with Real Corn Tortillas = Cheddar Cheese Slices & Fresh Fruit	22 NEOMONDE Chicken Shawarma with Mjadarah & Black Bean Salad	23 NEOMONDE Chicken Kabob with Orza & Hummus	24	25
26	27	28 CHEF CINDY NC Apples & Pecan Salad over Baby Kale Salad with Whole Grain Toast Points & GF Almond Crisps	29 NEOMONDE Veggie Lasagna with Tatziki & Falafel	30 NEOMONDE Veggie Lasagna with Tatziki & Falafel	31	