gourmet Gorilla™
good food for kids

Fall GF/DF/EF Lunch Menu

september 2019
october 2019
november 2019

monday	tuesday	wednesday	thursday	friday
	October 1, 2019 GF Penne Pasta Marinara w/ DF Mozzarella "Cheese" Broccoli Cantaloupe	**October 2, 2019** "Cheese" Tamale Cucumbers Pineapple	**October 3, 2019** Turkey Sausage Patty GF Waffle Green Beans Fruit Salad	**October 4, 2019** Grilled Chicken GF Bread Mashed Potatoes Apple Slices
October 7, 2019 GF Penne Pasta Marinara w/ DF Mozzarella "Cheese" Green Beans Pear Slices	**October 8, 2019** Asian BBQ Chicken Quinoa Broccoli Orange Slices	**October 9, 2019** Beef Burger GF Bun Glazed Carrots Cantaloupe	**October 10, 2019** GF Turkey Bolognese Cucumbers Melon Salad	**October 11, 2019** Three Bean Chili GF Bread Cold Peas Apple Slices
October 14, 2019 GF Penne Pasta Marinara w/ DF Cheese Green Beans Pineapple	**October 15, 2019** Teriyaki Chicken Brown Rice Broccoli Cantaloupe	**October 16, 2019** GFDF Creamy mac n "cheese" Cucumbers Orange Slices	**October 17, 2019** GF Mediterranean Meatballs GF Bread Glazed Carrots Fruit Salad	**October 18, 2019** Grilled Catfish GF Bread Cold Peas Applesauce
October 21, 2019 GF Apple Curry Chicken GF Bread Glazed Carrots Orange Slices	**October 22, 2019** GF Penne Pasta Marinara w/ DF Mozzarella "Cheese" Broccoli Cantaloupe	**October 23, 2019** Turkey Sloppy Joe GF Bun Cucumber Slices Pineapple	**October 24, 2019** Hawaiian Chicken Brown Rice Green Beans Melon Salad	**October 25, 2019** Beef Burger WG Bun Roasted Sweet Potatoes Pear Slices
October 28, 2019 Turkey Taco Corn Torilla Peas & Carrots Orange Slices	**October 29, 2019** GF Penne Pasta Marinara w/ DF Mozzarella "Cheese" Broccoli Cantaloupe	**October 30, 2019** "Cheese" Tamale Cucumbers Pineapple	**October 31, 2019** Turkey Sausage Patty GF Waffle Green Beans Fruit Salad	

www.gourmetgorilla.com