



**GOURMET
GORILLA**

Monday Tuesday Wednesday Thursday Friday

Monday, November 3 Ravioli w/Marinara Sauce Mozzarella Cheese Garlic Green Beans Apple Slices	Tuesday, November 4 Zesty BBQ Chicken <i>Zesty BBQ Tofu</i> Brown Rice Steamed Peas Pear Slices	Wednesday, November 5 Riso al Forno <i>Greek Tomato Lentils w/Brown Rice</i> Broccoli Pineapple	Thursday, November 6 Turkey Sausage Patties <i>Veggie Sausage Patties</i> WG Pancake Cucumber Slices Melon Mixed Berry Compote	Friday, November 7 WG Chicken Patty <i>Black Bean Burger</i> WG Hamburger Bun Steamed Carrots Applesauce Ketchup
Monday, November 10 Chicken Tinga <i>Veggie Taco "Meat"</i> Flour Tortilla Red Pepper Strips Pear Slices Salsa	Tuesday, November 11 Rotini w/Tomato Cream Sauce Mozzarella Cheese Squash Medley Apple Slices	Wednesday, November 12 Turkey Chili <i>Three Bean Chili</i> Cornbread Roasted Potatoes Melon Shredded Cheddar Cheese	Thursday, November 13 Bell & Evans Chicken Nuggets <i>GF/DF/EF Veggie Nuggets</i> WG Bread Broccoli Fruit Salad CP Ketchup	Friday, November 14 Tortellini w/Marinara Sauce Mozzarella Cheese Steamed Carrots Applesauce
Monday, November 17 Sweet & Savory Chicken <i>Dahl Lentils</i> Brown Rice Squash Medley Apple Slices	Tuesday, November 18 Penne w/Tomato Cream Sauce Mozzarella Cheese Green Beans Pear Slices	Wednesday, November 19 Turkey Meatloaf <i>Veggie Meatloaf</i> WG Bread Mashed Potatoes Fruit Salad HP Gravy	Thursday, November 20 Pizza Bread Marinara Sauce Broccoli Pineapple	Friday, November 21 Savory Hoisin-Glazed Chicken <i>Savory Hoisin-Glazed Tofu</i> (Not So) Fried Rice Red Pepper Strips Orange Slices
Monday, November 24 Peri Peri Chicken <i>Peri Peri Tofu</i> Arroz Verde Green Beans Apple Slices	Tuesday, November 25 Creamy Mac & Cheese Broccoli Pear Slices	Wednesday, November 26 Kung Pao Chicken <i>Kung Pao Tofu</i> (Not So) Fried Rice Peas & Carrots Melon	Thursday, November 27 Thanksgiving!	Friday, November 28 Thanksgiving!

WG= Whole Grain
CHP= Cantaloupe, Honeydew, Pineapple

FALL LUNCH MENU

November 2025

GourmetGorilla.com

Monday Tuesday Wednesday Thursday Friday

Monday, November 3 Bell & Evans Chicken Nuggets WG Bread Garlic Green Beans Apple Slices Ketchup	Tuesday, November 4 Penne Pasta Marinara Mozzarella Cheese Steamed Peas Pear Slices	Wednesday, November 5 Creamy Mac & Cheese Broccoli Pineapple	Thursday, November 6 Bell & Evans Chicken Nuggets WG Bread Cucumber Slices Melon Ketchup	Friday, November 7 Penne Pasta Marinara Mozzarella Cheese Steamed Carrots Applesauce
Monday, November 10 Creamy Mac & Cheese Red Pepper Strips Pear Slices	Tuesday, November 11 Bell & Evans Chicken Nuggets WG Bread Squash Medley Apple Slices Ketchup	Wednesday, November 12 Creamy Mac & Cheese Steamed Peas Melon	Thursday, November 13 Penne Pasta Marinara Mozzarella Cheese Broccoli Fruit Salad CP	Friday, November 14 Bell & Evans Chicken Nuggets WG Bread Steamed Carrots Applesauce Ketchup
Monday, November 17 Penne Pasta Marinara Mozzarella Cheese Squash Medley Apple Slices	Tuesday, November 18 Bell & Evans Chicken Nuggets WG Bread Green Beans Pear Slices Ketchup	Wednesday, November 19 Creamy Mac & Cheese Steamed Peas Fruit Salad HP	Thursday, November 20 Bell & Evans Chicken Nuggets WG Bread Broccoli Pineapple Ketchup	Friday, November 21 Penne Pasta Marinara Mozzarella Cheese Red Pepper Strips Orange Slices
Monday, November 24 Penne Pasta Marinara Mozzarella Cheese Green Beans Apple Slices	Tuesday, November 25 Bell & Evans Chicken Nuggets WG Bread Broccoli Pear Slices Ketchup	Wednesday, November 26 Creamy Mac & Cheese Peas & Carrots Melon	Thursday, November 27 Thanksgiving!	Friday, November 28 Thanksgiving!

Whole Grain
• Cantaloupe, Honeydew, Pineapple

FALL COMFORT LUNCH MENU

November 2025