

**Mater Dolorosa School  
October Menu**

**(V) = Vegetarian**

Monday	Tuesday	Wednesday	Thursday	Friday	nUTRITIONAL VALUE
2 <input type="checkbox"/> Chicken Curry served over Basmati Rice <b>Or</b> <input type="checkbox"/> Vegetable Jalfrezi served over Basmati Rice (V)	3 <input type="checkbox"/> Homemade Macaroni and Cheese made with aged Cheddar <b>Or</b> <input type="checkbox"/> Channa Masala, sweet and sour garbanzos over steamed rice (V)	4 Healthy Whole Wheat Pizza <input type="checkbox"/> Pepperoni <b>Or</b> <input type="checkbox"/> Cheese (V)	5 <input type="checkbox"/> Natural Roast beef and cheese hot sandwich on a artisan roll <b>Or</b> Hot grill cheese sandwich on a artisan roll(V)	6 <input type="checkbox"/> Chicken stir fry served over Rice <b>Or</b> <input type="checkbox"/> Tofu and Stir Fried Vegetables with Jasmine Rice (V)	Calories 778 Total Fat (G) 27.7% Saturated Fat (G) 8.7%
9  <b>Columbus Day No Lunch Service</b>	10 <input type="checkbox"/> Fresh cheese ravioli with a tomato cream sauce. <b>Or</b> Peas and Potatoes in a tomato curry sauce over steamed rice (V)	11 Healthy Whole Wheat Pizza <input type="checkbox"/> Pepperoni <b>Or</b> <input type="checkbox"/> Cheese (V)	12 <input type="checkbox"/> Meyer's natural beef hamburger/cheeseburger <b>Or</b> <input type="checkbox"/> Veggie Burger with or without cheese(V)	13 <input type="checkbox"/> Chicken Tandori, Potato Curry, and Naan Bread <b>Or</b> <input type="checkbox"/> Potato Samosa with Sweet Mango Chutney (V)	Calories 801 Total Fat (G) 26.2% Saturated Fat (G) 8.1%
16 <input type="checkbox"/> Chicken Curry served over Basmati Rice <b>Or</b> <input type="checkbox"/> Vegetable Jalfrezi served over Basmati Rice (V)	17 Spaghetti and meatballs with a homemade sauce <b>Or</b> Spaghetti with veggie meatballs with a homemade sauce(V)	18 Healthy Whole Wheat Pizza <input type="checkbox"/> Pepperoni <b>Or</b> <input type="checkbox"/> Cheese (V)	19 <input type="checkbox"/> Teriyaki Chicken Leg with rice and Veggies <b>Or</b> <input type="checkbox"/> Teriyaki Vegetables over rice (V)	20 <input type="checkbox"/> Bowtie Pasta with a Meat Sauce served with Dinner Roll <b>Or</b> <input type="checkbox"/> Bowtie Pasta with Marinara Sauce served with Dinner Roll (V)	Calories 821 Total Fat (G) 28.1% Saturated Fat (G) 8.3%
23 <input type="checkbox"/> Madras Chicken served over Basmati Rice <b>Or</b> <input type="checkbox"/> Madras Curry Vegetables served over Basmati Rice (V)	24 <input type="checkbox"/> Baked Penne Pasta with Fresh Mozzarella and Marinara Sauce <b>Or</b> Peas and Potatoes in a tomato curry sauce over steamed rice	25 Healthy Whole Wheat Pizza <input type="checkbox"/> Pepperoni <b>Or</b> <input type="checkbox"/> Cheese (V)	26 <input type="checkbox"/> Gourmet Hot Dog on Artisan Roll(nitrate free) <b>Or</b> <input type="checkbox"/> Veggie Dog on a Artisan Roll(V)	27 <input type="checkbox"/> Chicken Tandoori, Potato Curry, and Naan Bread <b>Or</b> <input type="checkbox"/> Potato Samosa with Sweet Mango Chutney (V)	Calories 812 Total Fat (G) 27.5% Saturated Fat (G) 8.5%
30 <input type="checkbox"/> Meyers Natural beef Swedish meatballs over buttered noodles <b>Or</b> <input type="checkbox"/> Veggie meatballs over buttered noodles (V)	31 <input type="checkbox"/> Buttered noodles with fresh herbs and a bbq Chicken drumstick. <b>Or</b> <input type="checkbox"/> Buttered noodles with fresh herbs and (V)				Calories 799 Total Fat (G) 28% Saturated Fat(G) 8.9%