

Monthly Menu Planner

MOW

For the month of:
October 2026
Happy Sukkot

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28-Sep	29-Sep	30-Sep	1 MINISTRONE-SOUP MEAT-STEW BROWN-RICE GREEN BEANS	2 CHICKEN-SOUP ROASTED-CHICKEN MASHED-POTATO MIXED-VEGETABLE
5 KALE-SOUP MEAT-BALLS PASTA GREEN-BEANS	6 CARROT-SOUP CHICKEN-STEW BROWN-RICE GREEN PEAS	7 PEA-SOUP SALMON-FISH-BALLS ROAST-POTATO GREEN BEANS	8 MUSHROOM BARLEY SOUP MEAT LASAGNA MIXED VEGETABLE MIXED VEGETABLE	9 CHICKEN-SOUP ROASTED-CHICKEN MASHED-POTATO MIXED-VEGETABLE
12 MINISTRONE-SOUP SHEPARD'S PIE GREEN PEAS CARROTS	13 BROCOLI-SOUP CHICKEN-LOAF COUSCOUS MIXED VEGETABLE	14 MIX-BEAN SOUP TUNA PATTY ROAST SWEET POTATO DICED CARROTS	15 BUTTERNUT SQUASH SOUP MEAT-LOAF COUSCOUS CARROTS	16 CHICKEN-SOUP ROASTED-CHICKEN MASHED-POTATO MIXED-VEGETABLE
19 VEGETABLE-SOUP CHOPPED-STEAK BULGUR GREEN BEANS	20 CREAM MUSHROOM SOUP CHICKEN SHAWARMA RICE MIXED VEGETABLE	21 KALE-SOUP BAKED SALMON RICE MIXED VEGETABLE	22 SWEET-POTATO-SOUP MEAT-PASTA MIXED VEGETABLE MIXED VEGETABLE	23 CHICKEN-SOUP ROASTED-CHICKEN MASHED-POTATO MIXED-VEGETABLE
26 CABBAGE BORCHT MEAT-LOAF COUSCOUS CARROTS	27 PARSNIP-SOUP CHICKEN-PATTY BULGUR CARROTS	28 LENTIL BAKED-FISH KASHA MIXED-VEGETABLE	29 VEGETABLE-SOUP CHOPPED-STEAK BULGUR GREEN BEANS	30 CHICKEN-SOUP ROASTED-CHICKEN MASHED-POTATO MIXED-VEGETABLE