



# Monthly Menu Planner

## MOW

For the month of:  
**OCTOBER 2022**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>VEGETABLE SOUP MEAT LOAF COUSCOUS VEGETABLES</p>	<p>4</p> <p>LENTIL SOUP CHICKEN PATTY MILLET &amp; SQUASH VEGETABLES</p>	<p>5- <b>CENTRE CLOSED</b></p> <p>BUTTERNUT SQUASH BAKED FISH RICE VEGETABLES</p>	<p>6</p> <p>MINISTRONE SOUP MEAT-VEG. LASAGNA PASTA VEGETABLES</p>	<p>7</p> <p>CHICKEN SOUP ROASTED CHICKEN ROAST POTATO VEGETABLES</p>
<p>10- <b>CENTRE CLOSED</b></p> <p>PEA SOUP HAWAIIAN CHICKEN RICE VEGETABLES</p>	<p>11- <b>CENTRE CLOSED</b></p> <p>MUSHROOM BARLEY SHEPPARDS PIE SWEET MASHED POTATO VEGETABLES</p>	<p>12</p> <p>CABBAGE BORSCHT BAKED SALMON POLENTA VEGETABLES</p>	<p>13</p> <p>BROCCOLI SOUP CABBAGE MEAT STEW PASTA VEGETABLES</p>	<p>14</p> <p>CHICKEN SOUP ROASTED CHICKEN KASHA &amp; BOWS VEGETABLES</p>
<p>17- <b>CENTRE CLOSED</b></p> <p>CAULIFLOWER SOUP TUNA PATTY ROAST POTATO VEGETABLES</p>	<p>18- <b>CENTRE CLOSED</b></p> <p>MINISTRONE SOUP MEAT-VEG. LASAGNA PENNE PASTA VEGETABLES</p>	<p>19</p> <p>TOMATO SOUP TALAPIA FISH COUSCOUS VEGETABLES</p>	<p>20</p> <p>POTATO LEEK SOUP CHICKEN BALLS MILLET &amp; SQUASH VEGETABLES</p>	<p>21</p> <p>CHICKEN SOUP ROASTED CHICKEN MASHED SWEET POTATO VEGETABLES</p>
<p>24</p> <p>CREAM OF MUSHROOM CHILI MEAT SAUCE PASTA VEGETABLES</p>	<p>25</p> <p>BUTTERNUT SQUASH CHICKENLOAF COUSCOUS VEGETABLES</p>	<p>26</p> <p>PARSNIP SOUP BAKED SALMON RICE VEGETABLES</p>	<p>27</p> <p>LENTIL SOUP CHOPPED STEAK MASHED POTATO VEGETABLES</p>	<p>28</p> <p>CHICKEN SOUP ROASTED CHICKEN POTATO KUGEL VEGETABLES</p>
<p>31</p> <p>CABBAGE BORSCHT FISH BALLS RICE VEGETABLES</p>				

INQUIRIES: **Contact Alla** at [allak@betelcentre.org](mailto:allak@betelcentre.org) or 416-225-2112 ext. 134