



The New England Center
for Children®
Autism Education and Research

Lunch

·October 2023·



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
WG Chicken Nachos Black Beans Corn Spanish Brown Rice Lettuce & Tomato Salsa Spring Salad Fruit Cup	Chicken Patty WG Bun Lettuce and Tomato Carrot Sticks Ranch Dressing Corn Spring Salad Fruit Cup	WG Chicken Mac-N-Cheese Casserole Green Beans Tossed Salad Dressing WG Breadstick Fruit Cup	Soft Turkey Taco Wrap Spanish Brown Rice WG Tortilla Chips Black Beans Cheese, Lettuce, Tomato, Salsa Spring Salad Fruit Cup	Open Face Turkey WG Sandwich Mashed Potato Mixed Veg, Sweet Potato, WG Dinner Roll Tossed Salad Cinnamon Spiced Apples, Gravy	WG Cheese Pizza Spring Salad Carrot Sticks Ranch Dressing Fresh Fruit Cup	Meatball Sub WG Dinner Roll Tossed Salad WG Veggie Pasta Carrot Sticks Spring Salad Fruit Cup
8	9	10	11	12	13	14
Cheeseburger on WG Bun Lettuce and Tomato French Fries Carrot Sticks Spring Salad Dressing Fruit Cup	Closed Happy Holiday!	General Tso's Chicken Fried Rice Steamed Broccoli WG Wrap Tossed Salad Dressing Pineapple	WG Baked Chicken Chimichanga Spanish Brown Rice Black Beans, Lettuce, Salsa, Spring Salad, Fruit Cup	Beef & WG Macaroni Casserole Italian Green Beans WG Dinner Roll Spring Salad Dressing Fruit Cup	WG Cheese Pizza Spring Salad Carrot Sticks Ranch Dressing Fresh Fruit Cup	Grilled Chicken Ranch Wrap (WG) French Fries Spring Salad Red Pepper & Tomatoes Dressing Pineapple
15	16	17	18	19	20	21
Black Beans & Cheese WG Burrito Brown Rice Salsa Pepper & Onions Tossed 'Salad Fruit Cup	WG Cheese Calzone Marinara Sauce Roasted Cauliflower Spring Salad Dressing Fruit Cup	Fish Sandwich on WG Bun Lettuce Veggie Pasta Salad Carrot Sticks Tossed Salad Dressing Fresh Fruit	WG Chicken Fajitas Spanish Brown Rice Refried Beans Lettuce Cheese Salsa Spring Salad Fresh Fruit	Pulled Pork WG Bun Sweet Potato Fries Coleslaw Spring Salad Dressing Fruit Cup	WG Cheese Pizza Spring Salad Carrot Sticks Ranch Dressing Fresh Fruit Cup	Awesome Sloppy Joe WG Roll Corn Spring Salad Ranch Dressing Fruit Cup
22	23	24	25	26	27	28
Chicken Strips WG Dinner Roll Brown Rice Baby Carrots Ranch Dressing Spring Salad Fruit Cup	Meatball Sub WG Veggie Pasta Salad Green Beans Tossed Salad Dressing Fruit Cup	WG Turkey Burger Corn Roasted Sweet Potatoes Spring Salad Fresh Fruit	Tater Tot Nachos Beef & Bean Chili Roasted Broccoli Brown Rice Spring Salad Fruit Cup	Buffalo Chicken Sandwich WG Bun French Fries Coleslaw Spring Salad Dressing Apple Slices	WG Cheese Pizza Spring Salad Carrot Sticks Ranch Dressing Fresh Fruit Cup	Chicken Sausage Sub Pepper & Onions Potato Chips Baked Beans Spring Salad Dressing Fruit Cup
29	30	31				
Turkey Cheese Roll-Ups French Fries Tossed Salad Dressing Fruit Cup	Awesome Sloppy Joe WG Roll Potato Chips Carrot Sticks Tossed Salad Fresh Fruit	Chicken Soft Tacos Lettuce & Tomato Salsa Refried Beans Brown Rice Spring Salad Fruit Cup				