



OCT MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<i>*Available Daily:</i> -Fresh Cut and Whole Fruit -Raw Veggies -Soup of the Week -Traditional House Salad / Kale Caesar Salad -Meat and Milk Alternatives
CUBAN	30 Cuban Sandwich	1 Mojo Pork	2 Arroz con Pollo (chicken)	3 Ropa Vieja (shredded beef)	4 Ground Turkey Picadillo	<i>Soup of the Week:</i> Rice and Black Beans <i>Vegetable of the Week:</i> Plantains
GERMAN	7 Sauerbraten (beef pot roast)	8 Bratwurst	9 HALF DAY	10 NO SCHOOL	11 NO SCHOOL	<i>Soup of the Week:</i> Linsensuppe (Lentil soup) <i>Vegetable of the Week:</i> Rotkohl (Red Cabbage)
JAPANESE	14 Teryaki Chicken	15 Ramen with boiled egg, sliced pork, green onion	16 Chicken Katsu	17 Udon Noodles with Shrimp Tempura	18 Yakisoba (beef stir fry noodles)	<i>Soup of the Week:</i> Miso Soup <i>Vegetable of the Week:</i> Steamed Jasmine Rice & Stir Fry Veggies
AFRICAN AMERICAN	21 Baked Chicken	22 Pork Ribs	23 Roasted Turkey	24 BBQ Chicken	25 Fried Fish	<i>Soup of the Week:</i> Collard Greens <i>Vegetable of the Week:</i> Mac n Cheese and Candied Yams (cornbread)
GREECE	28 Chicken Shawarma	29 Spanakopita	30 Souvlaki (grilled chicken skewers)	31 Falafel Gyro	1 Greek Pizza	<i>Soup of the Week:</i> Avgolemono Greek Egg Lemon Soup <i>Vegetable of the Week:</i> Greek



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						Potato Hash, Pita Bread and Hummus
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