





October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Movable Feast Catering 2510 West Fifth Street • Wilmington, DE 19805 Tel: 302-656-889 M-F 11 a.m. to 7 p.m. • Sat. 11am to 3pm • Closed Sunday			 Soup Of The Month: Pumpkin Patch DuJour		
1	2 Lentils & Root Veggies	3 Pepita Pork Chops with Apples	4 Peanut Sate Shrimp Bowl	5 Plum Duck Breast	6 Flank Steak Dijon	7 Flank Melt Sandwich
8	9 Pasta Broccoli Bake	10 Grilled Swordfish with Pesto	11 Short Ribs	12 Grouper Veracruz	13 Filet Mignon with Demi Glaze	14 Turkey Rachel
15	16 Butternut Chickpea Stew	17 Clams Carbonara	18 Flounder Milanese	19 Harissa Turkey Breast	20 Sausage & Broccoli	21 Sausage Roast Tomato Sandwich
22	23 Cauliflower Korma	24 Cod Puttanesca	25 Nola Shrimp Bowl	26 Roast Chicken with Apricot	27 Pork with Wild Mushrooms	28 Pork Provolone Melt
29	30 Pumpkin Polenta	31 Oaxaca Turkey Mole Happy Halloween! 	 Enjoy Meatless Mondays and autumn inspired comfort food this October! 