

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					Fried catfish 1 Shrimp taco Chicken quesadilla Corn & peppers Pinto beans Avocado Green beans French fries	Roasted turkey breast 2 Smoked Pork Shoulder Chicken spaghetti Cornbread dressing Sweet potato casserole Steamed asparagus Sugar Snap peas Baked apples
Fried chicken wings 3 Ham & egg tart Fried Seafood Platter Mashed potatoes & gravy Baby lima beans Roasted Brussel sprouts Corn pudding Blackeyed peas	Chicken artichoke lasagna 4 Grilled chicken tenders w/ honey almond glaze Fried Shrimp Wild rice Cream corn Steamed Vegetables Steamed Cauliflower Sweet potato fries	Chicken ala king 5 Spaghetti & meatsauce Catfish almondine Herb rice Broccoli & cheese Fried okra Green beans Beets	Chicken sausage Jambalaya Shephard's pie 6 Shrimp & broccoli stir fry Creole rice Buttered corn Boiled baby potatoes Steamed vegetables Blackeyed peas	Fried pork chop 7 Eggplant parmesan Baked tilapia Rice & gravy Baby lima beans Carrot soufflé' Sautée'd spinach & tomatoes Baked sweet potato	Fried catfish 8 Grilled chicken sandwich Seafood Gumbo Tater tots Baked beans Corn & sweet peppers Turnip greens Cajun boiled potatoes	Chopped steak 9 Fish & chips Roasted turkey Sweet potato casserole Mashed potatoes & gravy Green beans Steamed broccoli Steamed vegetables
Fried chicken 10 Lemon catfish with seafood stuffing Smoked meat trio Mashed Potatoes Baked sweet potato Steamed Cabbage English peas Blackeyed peas	Red beans & rice 11 Stuffed Pork loin with mushrooms Grilled mahi mahi Baked pears Twice baked potato Parmesan cauliflower Okra & tomatoes Rice pilaf	Filet Mignon 12 Grilled salmon Chicken piccata Baked Potato Pasta Parmesan Spinach casserole Carrot Soufflé' Asparagus	Parm.chicken, spinach & feta crepes 13 Braised duck breast Smothered chicken thighs Fried squash Cream corn Whole green beans Rice & gravy Steamed mixed vegetables	Maple pecan fried chicken 14 Puff pasty heart with chicken afredo Fried eggplant with seafood topping Sweet potato casserole Scalloped potatoes Brussel sprouts Parmesan baked tomato Baked fruit	Fried catfish 15 Bacon Cheeseburger Smoked chicken Tater tots Baked beans Collard greens Steamed broccoli Potato salad	Lasagna 16 Chicken stir fry Meatloaf Sweet potato casserole Roasted vegetable medley Mashed potatoes & gravy Fried okra Peas & carrots
Shrimp & grits 17 Smoked ham & mini cheese quiche Fried chicken Spinach & cheese quiche Hash brown casserole Butter Peas Cheese grits Steamed cabbage Baked apples	Sausage & tomato gnocchi 18 Southwest redfish filet Turkey pot roast Rice & gravy Squash casserole Honey Carrots Roasted corn Baked sweet potato	Chopped steak 19 Baked Pecan catfish Honey Glazed ham Mashed potatoes & gravy Sweet potato casserole Field peas Turnip greens Whole green beans	Beef stroganoff 20 Turkey & Ham stuffed potato Fried pork chops Wild rice Baked apples Grilled squash Carrot souffle' English peas	Grilled pork tenderloin Lemon shrimp & angel hair Steak & egg 21 Mashed potatoes & gravy Butter beans Baked fruit & oats Peas & carrots Rice & gravy	Steamed Shrimp slider 22 Fried catfish Seafood gumbo Turnip greens Blackeyed peas Cream potatoes Cream corn Fried okra	Crab cake 23 Chicken spaghetti Baked pork chop Rice & gravy Baked apples Rosemary potatoes Steamed cabbage Collard greens
Fried chicken 24 Ham steak Pot Roast Rice & gravy Lima beans Sweet potato Crowder peas Steamed broccoli	shrimp & pasta 25 Pork tenderloin with apples Fried chicken tenders & waffles Wild rice Twice baked potato Green beans almondine Roasted vegetables Butter peas	Roasted turkey 26 Chicken piccata Country fried steak Rice pilaf Mashed potatoes Green peas Turnip greens Blackeyed peas	Hamburger 27 Fried chicken Beef brisket Baked beans Coleslaw Potato salad Mac & cheese Grilled Vegetables	Chicken n dumplings 28 Beef stew Grilled salmon Rice & gravy Roasted potatoes Grilled asparagus Butter beans Fried squash		