

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Grilled chicken tenders with honey almond glaze 1 Fried shrimp Sweet potato Fries Baked potato Parmesan cauliflower puree Parmesan Tomato Okra and tomatoes	Shrimp & grits 2 Pork tenderloin with apples Wild rice Cream corn Green beans almonidine Roasted vegetables Butter peas	Fried chicken livers 3 Grilled salmon Rice & gravy Baked potato Lima beans English peas Brussel sprouts	Fried catfish 4 Meatloaf Steamed cabbage Smashed potatoes Crowder peas Roasted cauliflower Mac & cheese	Turkey pot roast 5 Lemon shrimp & angel hair Rice Fried corn nuggets Honey carrots Green beans Broccoli & cheese
Fried chicken 6 Roast beef Mashed potatoes English peas Honey carrots Asparagus Cream spinach	BBQ ribs 7 BBQ chicken breast Whole green beans Mac & cheese Baked beans Roasted vegetables Baked sweet potato	Fried pork chop 8 Turkey Cornbread dressing Sweet potato casserole Lima bean Roasted Brussel sprout Parmesan cauliflower	Chicken pot pie 9 Honey Ham Hashbrown potatoes Sweet potato casserole Field peas Turnip greens Whole green beans	Country fried steak 10 Baked Tilapia with spinach & tomatoes Mashed potatoes & gravy Butter beans Marinated cucumbers Steamed broccoli Rice	Fried catfish 11 Grilled chicken soft taco MS caviar Spanish rice Collard greens Corn & peppers Seasoned fries	Spaghetti and meatsauce 12 Grilled salmon Wild rice Baked sweet potato Steamed cabbage Green beans Peas & carrots
Cornish hen 13 Fried chicken Cornbread dressing English peas Brussel sprouts Rice & gravy Steamed mixed vegetables Baked apples	Chicken sausage Jambalaya 14 Pecan crusted catfish Bacon & cheddar hashbrown-potatoes Fried cauliflower bites Fried okra Green beans Fries	Medium filet with mushrooms, peppers, onions 15 Roasted turkey Canned yams Broccoli & cheese Blackeyed peas Steamed cabbage Baked potato	Grilled chicken & mushrooms 16 Roast beef Rice & gravy Baby lima beans Carrot soufflé Sautée'd spinach & tomatoes Mashed sweet potatoes	Steamed shrimp 17 Red beans & rice Fried green tomatoes Buttered corn Boiled baby potatoes Steamed vegetables Whole green bean almonidine	Fried catfish 18 Steak fajitas Spanish rice Turnip greens Fries MS caviar Roasted Brussel sprouts	Beef & cheese burrito 19 Chicken spaghetti Seasoned rice English peas Glazed carrots Steamed broccoli Fried okra
Beef tip and rice 20 Baked chicken Baked sweet potato Rice & gravy Butter beans Roasted vegetables Beets	Fried maple pecan chicken 21 Catfish almonidine Black bean & rice Roasted potatoes Corn pudding Fried okra Steamed broccoli	Beef tenderloin tips with mushrooms, peppers, onions 22 Redfish with shrimp topping Baked potato Butter Peas Loaded smashed potatoes Roasted vegetables Baked apples	Fried chicken tenders 23 Grilled Mahi Mahi Herb rice Sweet potato fries Steamed cabbage Grilled asparagus Parmesan cauliflower	Spaghetti & meatsauce 24 Fried shrimp Creamed spinach Fried squash Whole green beans Steamed broccoli Tater tots	Fried catfish 25 Chopped steak Rice & gravy Baby potatoes Turnip greens Marinated cucumbers Butter corn	Spinach & mushroom quiche 26 Honey ham Cheese grits Hashbrown potatoes Steamed cabbage Crowder peas Broccoli cheese
Fried chicken 27 pork tenderloin Baked sweet potato Wild rice Green beans Collard greens Blackeyed peas	BBQ pulled pork 28 Smoked chicken Baked beans Potato salad Coleslaw Roasted vegetables Roasted corn	Chicken spaghetti 29 Turkey pot roast Carrot suffle' Steamed vegetable medley Squash casserole Fried okra Peas & carrots	Blackened chicken pasta 30 Steamed shrimp Cajun potatoes Cream corn Creamed spinach Steamed broccoli Collard greens			

