

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Fried pork chop 1 Shrimp Crepe Cornbread dressing Sweet potato casserole Lima bean English peas Parmesan cauliflower	Chicken pot pie 2 Honey Ham Hashbrown potatoes Sweet potato casserole Field peas Turnip greens Whole green beans	Smoked brisket 3 BBQ chicken breast Whole green beans Mac & cheese Baked beans Roasted vegetables Baked sweet potato	Fried catfish 4 Grilled chicken soft taco MS caviar Spanish rice Collard greens Corn & peppers Seasoned fries	Spaghetti and meatsauce 5 Grilled salmon Wild rice Baked sweet potato Steamed cabbage Green beans Peas & carrots
Cornish hen 6 Fried chicken Cornbread dressing English peas Brussel sprouts Rice & gravy Steamed mixed vegetables Baked apples	Chicken sausage Jambalaya Pecan crusted catfish 7 Bacon & cheddar hashbrown-potatoes Fried cauliflower bites Fried okra Green beans Fries	Medium filet with mushrooms, peppers, onions 8 Roasted turkey Canned yams Broccoli & cheese Blackeyed peas Steamed cabbage Baked potato	Grilled chicken tenders & mushrooms 9 Roast beef Rice & gravy Baby lima beans Carrot soufflé Sautée'd spinach & tomatoes Mashed sweet potatoes	Steamed shrimp 10 Red beans & rice Fried green tomatoes Buttered corn Boiled baby potatoes Steamed vegetables Whole green bean almondine	Fried catfish 11 Steak fajitas Spanish rice Turnip greens Fries MS caviar Roasted Brussel sprouts	Country fried steak 12 Chicken spaghetti Seasoned rice English peas Glazed carrots Steamed broccoli Fried okra
Beef tip and rice 13 Baked chicken Baked sweet potato Rice & gravy Butter beans Roasted vegetables Beets	Fried maple pecan chicken Catfish almondine 14 Black bean & rice Roasted potatoes Corn pudding Fried okra Steamed broccoli	Medium filet mushrooms, peppers, onions 15 Redfish with shrimp topping Baked potato Butter Peas Loaded potato boat Roasted vegetables Baked apples	Fried chicken tenders 16 Grilled pork tenderloin Herb rice Sweet potato fries Steamed cabbage Grilled asparagus Parmesan cauliflower	Lasagna 17 Fried shrimp Creamed spinach Fried squash Whole green beans Steamed broccoli Tater tots	Fried catfish 18 Chopped steak Rice & gravy Baby potatoes Turnip greens Marinated cucumbers Butter corn	Spinach & mushroom quiche 19 Honey ham Cheese grits Hashbrown potatoes Steamed cabbage Crowder peas Broccoli cheese
Fried chicken 20 pork tenderloin Baked sweet potato Wild rice Green beans Collard greens Blackeyed peas	BBQ pulled pork 21 Smoked chicken Baked beans Potato salad Coleslaw Roasted vegetables Roasted corn	Chicken spaghetti 22 Turkey pot roast Carrot soufflé Steamed vegetable medley Squash casserole Fried okra Peas & carrots	Meatloaf 23 Steamed shrimp Cream potatoes Corn Creamed spinach Steamed broccoli Collard greens	Roasted Turkey 24 Fried pork chop Cornbread dressing Sweet potato cassereole Butter beans Brussel sprouts English peas	Baked Christmas catfish 25 Honey Ham Prime rib Roasted potatoes Steamed cabbage Blackeyed peas Baked fruit crumble	Chopped steak 26 Lemon shrimp with orzo Whole green beans Baked sweet poatato Mashed potatoes Speckled butter beans Parmesan cauliflower
Baked chicken 27 Pot Roast Crowder peas Canned yams Butter peas Green beans Rice pilaf	Fried chicken livers 28 Grilled Salmon Wild rice Peas & carrots Baby potatoes Creamed spinach Steamed broccoli	Chicken n Dumplings 29 Pecan baked catfish Honey carrots Baked sweet potato Turnip greens Lima beans Fried green beans	Baked ranch chicken 30 Spaghetti Green beans Roasted potatoes Spinach and tomatoes Cream corn Fried okra	Seafood pasta 31 Grilled chicken parmesan Okra and tomatoes Broccoli and cheese Marinated vegetables Baked potato Fried squash		

