

Available upon request: fresh fruit, salads, NSA and low-sodium items. Our goal is to provide Quality, Safe, Nutritional meals and to try to accommodate residents’ requests

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Roast beef 1 Fried chicken livers Mashed potatoes & gravy English peas Carrot soufflé’ Sautée’d spinach & tomatoes Asparagus. Chili soup Pimento and cheese & fruit	Fried catfish 2 Grilled chicken tenders with honey mustard Baked potato Baby carrots Parmesan cauliflower Green beans Fries Potato soup Cheeseburger and fries	Baked redfish 3 Chicken spaghetti Seasoned rice English peas Glazed carrots Steamed broccoli Fried okra Potato soup
BBQ ribs 4 Smoked chicken Hamburger Corn salad Potato salad Steamed broccoli Baked beans Tater tots Ice cream sandwiches Watermelon HAPPY 4 TH OF JULY	Baked creole catfish 5 Grilled chicken with pineapple Cauliflower Potato salad Creamed spinach Roasted vegetables Roasted corn Vegetable beef soup Chicken Salad croissant and fruit	Chicken piccata 6 Beef filet Rice pilaf Baked potato Steamed broccoli Parmesan cauliflower Glazed baby carrots Broccoli & cheese soup Club Sub & chips	Herb Roasted chicken 7 MS Veggie plate-4 veggies: Sweet potato Lima beans Blackeyed peas squash Cabbage Fried okra Tomato soup Grilled cheese with turkey and tomato soup	Smoked brisket 8 Seafood crepe Fried green beans Brown rice Baked sweet potato Roasted vegetables Guacamole & chips Cheese soup Smoked chicken salad & fruit	Fried catfish 9 Meatloaf Mashed potatoes Turnip greens Hash brown potatoes MS caviar Roasted Brussel sprouts Seafood gumbo Steamed shrimp hoagie & fries	Steak fajitas 10 Smoked turkey Fries Spanish rice Steamed cabbage Crowder peas Broccoli cheese Chicken enchilada soup
Fried chicken 11 pork tenderloin Baked sweet potato Wild rice Green beans Collard greens Blackeyed peas	Chicken stir fry 12 Sweet and sour shrimp & rice Sweet potato fries Steamed cauliflower Egg roll Corn salad Asparagus Vegetable beef soup Tuna Salad croissant and fruit	Jambalaya 13 Seafood pasta Fried eggplant Butter Peas Roasted corn and peppers Okra and tomatoes Brussel sprouts Shrimp bisque Mini muffalettas and seafood gumbo	Stuffed bell peppers 14 Catch of day pan roasted Green beans Roasted potatoes Spinach and tomatoes Cream corn Fried okra Tomato basil soup Turkey and bacon sandwich with chips	Fried chicken tenderloins Grilled Salmon 15 Wild rice Peas & carrots Blackeyed peas Creamed spinach Steamed broccoli Chicken noodle soup Fried green tomato BLT with potato salad	Fried catfish 16 Chopped steak Rice & gravy Baby potatoes Turnip greens Marinated cucumbers Butter corn Chili Cheeseburger & fries	Grilled chicken & mushrooms Lemon shrimp with orzo 17 Whole green beans Baked sweet potato Mashed potatoes Speckled butter beans Parmesan cauliflower Minestrone soup
Baked chicken 18 Pot Roast Crowder peas Canned yams Butter peas Green beans Rice pilaf	Fried drumsticks 19 Roasted turkey Mac & cheese Skillet potatoes Seasoned roasted veggies Zucchini and tomatoes Lima beans Pork sandwich and fries Vegetable beef soup	Chicken artichoke lasagna 20 Grilled redfish with shrimp topping Fried green tomatoes Buttered corn Boiled baby potatoes Steamed vegetables Whole green bean almondine Cheam spinach & artichoke Ham and cheese croissant with fruit	Red beans and rice 21 Beef soft taco Brown rice Tomatoes and black beans Asparagus Roasted Brussel sprouts Cream corn Potato soup Grilled chicken sandwich with chips	Chicken spaghetti 22 Turkey pot roast Carrot souffle’ Steamed vegetable medley Squash casserole Fried okra Peas & carrots Tomato basil soup Fried chicken strips and fries	Fried catfish 23 Smothered chicken thighs Creamed spinach Blackeyed peas Turnip greens Tater tots Rice and gravy Chicken noodle soup Pulled pork sandwich and baked beans	Spaghetti and meatsauce 24 Fried pork chop Mashed potatoes & gravy Baked apples Steamed cabbage Green beans Peas & carrots Broccoli & cheese soup
Fried chicken 25 Honey ham Fried green tomatoes Broccoli and cheese Marinated vegetables Baked potato Roasted vegetables	Catfish almondine 26 Herb stuffed pork loin Creamed spinach Fried squash Sweet peas Wild rice Roasted potatoes Tomato basil soup Fried chicken entrée salad & side	Medium filet 27 Crab cake Baked potato Whole green beans Parmesan cauliflower Carrot soufflé’ Cajun baby potatoes White bean chicken chili Chicken salad croissant & fruit	Smoked brisket 28 Smoked chicken Mac & cheese Loaded potatoes Turnip greens Crowder peas Roasted corn Vegetable soup Egg salad BLT & chips	Chicken parmesan 29 Lasagna Roasted vegetables Spinach and tomatoes Fried squash Asparagus Spinach and mushroom soup Shrimp poboy and fries	Fried catfish 30 Chef salad or Loaded potato Cajun potatoes Coleslaw Tater tots Turnip greens Hushpuppies Broccoli cheese soup	Chopped steak 31 Roasted turkey Mashed potatoes and gravy Cornbread dressing Butter beans Sweet peas Broccoli and cheese Cheeseburger soup