

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
Fried chicken 31 Braised quail Mashed potato and gravy Canned yams Baby lima beans Steamed cabbage Crowder peas					Fried catfish 1 Meatloaf Mashed potatoes Turnip greens Hash brown potatoes MS caviar Roasted Brussel sprouts Seafood gumbo Steamed shrimp hoagie & fries	Steak fajitas 2 Smoked turkey Fries Spanish rice Steamed cabbage Crowder peas Broccoli cheese Chicken enchilada soup
Fried chicken 3 pork tenderloin Baked sweet potato Wild rice Green beans Collard greens Blackeyed peas	Roast beef 4 Smoked chicken Corn salad Potato salad Steamed broccoli Creamed potatoes English peas Chicken salad croissant & fries	Jambalaya 5 Seafood pasta Fried eggplant Butter Peas Roasted corn and peppers Okra and tomatoes Brussel sprouts Mini muffalettas and seafood gumbo	Stuffed bell peppers 6 Catfish almondine 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 7 Wild rice Peas & carrots Blackeyed peas Creamed spinach Steamed broccoli Chicken noodle soup Fried green tomato BLT with potato salad	Fried catfish 8 Chopped steak Rice & gravy Baby potatoes Turnip greens Marinated cucumbers Butter corn Chili Cheeseburger & fries	Grilled chicken & mushrooms 9 Lemon shrimp with orzo Whole green beans Baked sweet potato Mashed potatoes Speckled butter beans Parmesan cauliflower Minestrone soup
Baked chicken 10 Pot Roast Crowder peas Canned yams Butter peas Green beans Rice pilaf	Fried drumsticks 11 Roasted turkey Mac & cheese Skillet potatoes Seasoned roasted veggies Zucchini and tomatoes Lima beans Pork sandwich and fries Vegetable beef soup	Beef filet 12 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 Beef soft taco 13 Brown rice Tomatoes and black beans Asparagus Roasted Brussel sprouts Cream corn Potato soup Grilled chicken sandwich with chips	Chicken spaghetti 14 Turkey pot roast Carrot suffle' Steamed vegetable medley Squash casserole Fried okra Peas & carrots Tomato basil soup Fried chicken strips and fries	Fried catfish 15 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 Fried pork chop 16 Mashed potatoes & gravy Baked apples Steamed cabbage Green beans Peas & carrots Broccoli & cheese soup
Fried chicken 17 Honey ham Fried green tomatoes Broccoli and cheese Marinated vegetables Baked potato Roasted vegetables	Catfish almondine 18 Chicken artichoke lasagna Creamed spinach Fried squash Sweet peas Wild rice Roasted potatoes Tomato basil soup Fried chicken entrée salad & side	Beef filet 19 Crab cake Baked potato Whole green beans Parmesan cauliflower Carrot suffle' Cajun baby potatoes White bean chicken chili Chicken salad croissant & fruit	Smoked brisket 20 Smoked chicken Mac & cheese Loaded potatoes Turnip greens Crowder peas Roasted corn Vegetable soup Egg salad BLT & chips	Chicken parmesan 21 Lasagna Roasted vegetables Spinach and tomatoes Fried squash Asparagus Spinach and mushroom soup Shrimp poboy and fries	Fried catfish 22 Supreme pizza Cajun potatoes Coleslaw Tater tots Turnip greens Hushpuppies Broccoli cheese soup	Chopped steak 23 Roasted turkey Mashed potatoes and gravy Cornbread dressing Butter beans Sweet peas Broccoli and cheese Cheeseburger soup
Fried chicken 24 Cornish hen Canned yams Blackeyed peas Cream corn Collard greens Green beans	Baked redfish 25 Chicken spaghetti Seasoned rice English peas Glazed carrots Steamed broccoli Fried okra Potato soup Tuna salad sandwich with fries	Fried seafood platter 26 Grilled chicken tenders French fries Turnip greens Steamed cabbage MS caviar Scalloped potatoes Chicken noodle soup & pimento cheese	Chicken stir fry 27 Sweet & sour shrimp & rice Sweet potato fries Steamed cauliflower Egg roll Corn salad Asparagus Vegetable beef soup Grilled cheese and soup	Chicken piccata 28 Roast beef Rice pilaf Mashed potatoes Steamed broccoli Parmesan cauliflower Glazed baby carrots Broccoli & cheese soup Club Sub & chips	Fried catfish 29 Smoked brisket Fried green beans Sweet potatoes Blackeyed pea Turnip greens Mac & cheese	Seafood crepe 30 Roasted chicken Baked potato Wild rice Carrot suffle Creamed spinach Roasted Brussel sprouts