

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 30 Honey ham Baked sweet potato Cream corn Parmesan cauliflower Baby lima beans Blackeyed peas	Chicken alfredo 31 Baked pecan catfish Sweet potato casserole Roasted potatoes Carrot souffle Butter peas Roasted vegetables Hamburger & fries Vegetable beef soup					Smoked ham 1 Smoked turkey Baked sweet potato Rice pilaf Steamed cabbage Blackeyed peas Broccoli cheese Chicken enchilada soup HAPPY NEW YEAR'S
Fried chicken 2 pork tenderloin Baked sweet potato Wild rice Green beans Collard greens Crowder peas	Roast beef 3 Smoked chicken Corn salad Potato salad Steamed broccoli Creamed potatoes English peas Chicken salad croissant & fries	Jambalaya 4 Seafood pasta Fried eggplant Butter Peas Roasted corn and peppers Okra and tomatoes Brussel sprouts Mini muffalettas and seafood gumbo	Stuffed bell peppers 5 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 6 Grilled Salmon 6 Wild rice Peas & carrots Blackeyed peas Creamed spinach Steamed broccoli Chicken noodle soup Fried green tomato BLT with potato salad	Fried catfish 7 Chopped steak Rice & gravy Baby potatoes Turnip greens Marinated cucumbers Butter corn Chili Cheeseburger & fries	Grilled chicken & mushrooms 8 Lemon shrimp with orzo 8 Whole green beans Baked sweet potato Mashed potatoes Speckled butter beans Parmesan cauliflower Minestrone soup
Baked chicken 9 Pot Roast Crowder peas Canned yams Butter peas Green beans Rice pilaf	Fried drumsticks 10 Turkey pot roast Mac & cheese Skillet potatoes Seasoned roasted veggies Zucchini and tomatoes Lima beans Pork sandwich and fries Vegetable beef soup	Beef filet 11 Shrimp and grits 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 12 Beef soft taco Brown rice Tomatoes and black beans Asparagus Roasted Brussel sprouts Cream corn Potato soup Grilled chicken sandwich with chips	Chicken spaghetti 13 Grilled pork chop Carrot souffle' Steamed vegetable medley Squash casserole Fried okra Peas & carrots Tomato basil soup Fried chicken strips and fries	Fried catfish 14 Meatloaf Creamed spinach Blackeyed peas Turnip greens Tater tots Mashed pot. and gravy Chicken noodle soup Pulled pork sandwich and baked beans	Spaghetti and meatsauce 15 Fried pork chop Mashed potatoes & gravy Baked apples Steamed cabbage Green beans Peas & carrots Broccoli & cheese soup
Fried chicken 16 Roasted chicken Fried green tomatoes Broccoli and cheese Marinated vegetables Baked potato Roasted vegetables	Catfish almondine 17 Chicken artichoke lasagna Creamed spinach Fried squash Sweet peas Wild rice Roasted potatoes Tomato basil soup Fried chicken entrée salad & side	Beef filet 18 Crab cake Baked potato Whole green beans Parmesan cauliflower Carrot souffle' Cajun baby potatoes Shrimp and corn bisque Chicken salad croissant & fruit	Smoked brisket 19 Smoked chicken Mac & cheese Loaded potatoes Turnip greens Crowder peas Roasted corn Vegetable soup Egg salad BLT & chips	Veal cutlet 20 Grilled chicken breast Mushroom gravy with entree Wild rice Mashed potatoes Asparagus Carrot souffle Roasted veggies Minestrone soup Hot dog and chips	Fried catfish 21 Supreme pizza Cajun potatoes Coleslaw Tater tots Turnip greens Hushpuppies Broccoli cheese soup	Fried chicken livers 22 Roasted turkey Mashed potatoes & gravy Butter beans Sweet peas Brussel sprouts Sweet potato casserole Vegetable soup
Fried chicken 23 Cornish hen Canned yams Blackeyed peas Cream corn Collard greens Green beans	Baked redbfish 24 Chicken spaghetti Seasoned rice English peas Glazed carrots Steamed broccoli Fried okra Potato soup Tuna salad sandwich with fries	Fried seafood platter 25 Grilled chicken tenders French fries Turnip greens Steamed cabbage MS caviar Scalloped potatoes Chicken noodle soup & pimento cheese	Stuffed potato with ham & turkey 26 Duck breast Wild rice Baked apples Brussel sprouts Broccoli and cheese Butter peas Chicken and wild rice soup	Pot roast 27 Steamed shrimp Mashed potatoes Cajun potatoes Collard greens Blackeyed peas Cream corn Vegetable beef soup Cup chili and grilled cheese	Fried catfish 28 Beef tips & gravy Rice Fries Steamed cabbage Honey carrots Sweet peas Chicken corn chowder Hot dog and chips	Shrimp creole 29 Fried chicken tenders Mashed potatoes Fried okra Butter beans Collard greens English peas Chicken Caesar salad Tomato basil soup