

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
			Red beans and rice 1 Veal Cutlet with mushroom gravy Baked potato Roasted Brussel sprouts Cream corn Fried green beans Potato soup Grilled chicken sandwich with chips	Pork tenderloin 2 Grilled pork chop Carrot suffle' Steamed vegetable medley Squash casserole Fried okra Peas & carrots Tomato basil soup Hamburger and fries	Fried catfish 3 Meatloaf Creamed spinach Black-eyed peas Turnip greens Tater tots Mashed pot. and gravy Chicken noodle soup Hot dog & chips	Chicken and dumplings 4 Honey Ham Cheese grits Roasted veggies Asparagus English peas Roasted sweet potatoes Biscuits Vegetable soup
Fried chicken 5 Crab cake with shrimp topping Baked sweet potato Broccoli and cheese Marinated vegetables Corn pudding Baked potato	Catfish almondine 6 Chicken ala king over rice Creamed spinach Carrot suffle Sweet peas Wild rice Roasted potatoes Tomato basil soup Pulled pork sandwich & potato salad	Beef filet 7 Seafood crepe Baked potato Whole green beans Parmesan cauliflower Fried squash Cajun baby potatoes Shrimp and corn bisque Chicken salad croissant & fruit	Smoked brisket 8 Smoked chicken Mac & cheese Loaded potatoes Turnip greens Crowder peas Roasted corn Vegetable soup Egg salad BLT & chips	Beef stew 9 Country fried steak Mashed potatoes Honey carrots Butter peas Roasted veggies Potato soup Ham & cheese sandwich with potato soup	Fried catfish 10 Grilled chicken and cheese tortellini with pesto sauce Cajun potatoes Coleslaw Tater tots Turnip greens Green beans Broccoli cheese soup Cheeseburger & fries	Fried chicken livers 11 Roasted turkey Mashed potatoes & gravy Butter beans Sweet peas Brussel sprouts Sweet potato casserole Vegetable soup
Fried chicken 12 Honey ham Baked sweet potato Black-eyed peas Cream corn Collard greens Green beans Deviled egg potato salad	Baked redfish 13 Chicken spaghetti Seasoned rice English peas Glazed carrots Steamed broccoli Fried okra Potato soup Tuna salad sandwich with fries	Fried seafood platter 14 Grilled chicken tenders French fries Turnip greens Steamed cabbage MS caviar Scalloped potatoes Chicken noodle soup & pimento cheese	Stuffed potato with ham 15 & turkey Ham & cheese quiche Wild rice Baked apples Brussel sprouts Broccoli and cheese Butter peas Chicken and wild rice soup Ham & turkey sub	Pot roast 16 Steamed shrimp Mashed potatoes Cajun potatoes Collard greens Black-eyed peas Cream corn Vegetable beef soup Cup chili and grilled cheese	Fried catfish 17 Beef tips & gravy Rice Fries Steamed cabbage Honey carrots Sweet peas Chicken corn chowder Hot dog and chips	Shrimp creole 18 Fried chicken tenders Mashed potatoes Fried okra Butter beans Collard greens English peas Tomato basil soup
Fried chicken 19 Pork tenderloin Baked sweet potato Rice pilaf Steamed cabbage Black-eyed peas Broccoli cheese HAPPY FATHER'S DAY	Hamburger 20 Shrimp Summer Pasta salad Baked beans Steamed broccoli French fries Coleslaw Fried green tomato Chicken salad croissant with broccoli and cheese soup	Fried drumstick 21 Pecan baked catfish Sweet potato casserole Mashed potatoes & gravy Lima beans Turnip greens Crowder peas Vegetable beef soup Pimento & cheese sandwich	Chopped steak 22 Grilled chicken breast Rice and gravy Baked potato Whole green beans Corn pudding English peas Potato soup Fried chicken entrée salad	Chicken tortilla casserole 23 Steak fajita Spanish rice Corn Roasted Tex mex vegetables Mexican cornbread Black beans and tomatoes Tuna Salad Croissant & fruit Chicken noodle soup	Fried catfish 24 Chicken and sausage jambalaya Turnip greens Steamed cabbage Black-eyed peas French fries Tomato soup & grilled cheese	Baked almond crusted tilapia 25 Spaghetti with meat sauce Rice pilaf Green beans Corn nuggets Spinach and tomatoes English peas Clam chowder
Fried chicken 26 Grilled salmon Wild rice Baked sweet potato Roasted Brussel sprouts Collard greens Corn pudding	Chicken spaghetti 27 Catfish almondine Baked potato Steamed cabbage Crowder peas Spinach and tomatoes Fried okra Ham and cheese croissant Chicken noodle soup	Beef filet 28 Shrimp and grits Fried green tomatoes Buttered corn Boiled baby potatoes Steamed vegetables Whole green bean almondine Cheam spinach & artichoke Cold chicken and veggie pasta	Pork loin with apples 29 Pot Roast Crowder peas Canned yams Butter peas Green beans Mashed potatoes Pizza Tomato basil soup	Smoked chicken 30 Beef brisket Mac & cheese Baby potatoes Turnip greens Marinated cucumbers Butter corn Broccoli and cheese soup Hot dog and chips		