

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 Chicken broccoli and brown rice casserole Beets Parmesan cauliflower Glazed carrots Green beans Roasted Brussel sprouts Potato soup Turkey sandwich with fries	Fried catfish 2 Meatloaf Creamed spinach Blackeyed peas Turnip greens Tater tots Mashed pot. and gravy Chicken noodle soup Hamburger & chips	Chicken and dumplings 3 Chicken and waffles Cheese grits Roasted veggies Asparagus English peas Roasted sweet potatoes Biscuits Vegetable soup
Fried chicken 4 Crab cake with shrimp topping Baked sweet potato Broccoli and cheese Marinated vegetables Corn pudding Baked potato	Smoked chicken 5 Smoked ham Potato salad Coleslaw Baked beans Roasted vegetables Cream corn Pulled pork sandwich & potato salad Minestrone soup	Beef filet 6 Seafood crepe Baked potato Whole green beans Parmesan cauliflower Fried squash Cajun baby potatoes Shrimp and corn bisque Chicken salad croissant & fruit	Smoked brisket 7 Pork tenderloin Mac & cheese Loaded potatoes Turnip greens Crowder peas Beets Vegetable soup Egg salad BLT & chips	Pecan crusted redfish with lemon cream sauce 8 Country fried steak Mashed potatoes & gravy Honey carrots Butter peas Roasted veggies Roasted potatoes Ham & cheese sandwich with potato soup	Fried catfish 9 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 10 Roasted turkey Mashed potatoes & gravy Butter beans Sweet peas Brussel sprouts Sweet potato casserole Vegetable soup
Fried chicken 11 Honey ham Baked sweet potato Blackeyed peas Cream corn Collard greens Green beans Deviled egg potato salad	Grilled Salmon with lemon dill sauce 12 Chicken spaghetti Seasoned rice English peas Glazed carrots Steamed broccoli Fried okra Potato soup Tuna salad sandwich with fries	Fried seafood platter 13 Grilled chicken tenders French fries Turnip greens Steamed cabbage MS caviar Scalloped potatoes Chicken noodle soup & pimento cheese	Stuffed potato with ham & turkey 14 Ham & cheese quiche Wild rice Baked apples Brussel sprouts Broccoli and cheese Butter peas Chicken and wild rice soup Ham & turkey sub	Pot roast 15 Shrimp & Grits Mashed potatoes Cajun potatoes Collard greens Blackeyed peas Cream corn Vegetable beef soup Cup chili and grilled cheese	Fried catfish 16 Beef tips & gravy Rice Fries Steamed cabbage Honey carrots Sweet peas Chicken corn chowder Hot dog and chips	Shrimp creole 17 Fried chicken tenders Mashed potatoes Fried okra Butter beans Collard greens English peas Tomato basil soup
Fried chicken 18 Pork tenderloin Baked sweet potato Rice pilaf Steamed cabbage Blackeyed peas Broccoli cheese	Hamburger 19 Steamed Shrimp Poboy Baked beans Steamed broccoli French fries Coleslaw Fried green tomato Chicken salad croissant with broccoli and cheese soup	Fried drumstick 20 Pecan baked catfish Sweet potato casserole Mashed potatoes & gravy Lima beans Turnip greens Crowder peas Vegetable beef soup Pimento & cheese sandwich	Chopped steak 21 Braised chicken thighs Rice and gravy Baked potato Whole green beans Corn pudding English peas Potato soup Fried chicken entrée salad	Chicken tortilla casserole 22 Pork carnitas soft taco Spanish rice Corn Roasted Tex mex vegetables Mexican cornbread Black beans and tomatoes Tuna Salad Croissant & fruit Chicken noodle soup	Fried catfish 23 Chicken and sausage jambalaya Turnip greens Steamed cabbage Blackeyed peas French fries Tomato soup & grilled cheese	Baked almond crusted tilapia 24 Spaghetti with meatsauce Rice pilaf Green beans Corn nuggets Spinach and tomatoes English peas Clam chowder
Fried chicken 25 Grilled salmon Wild rice Baked sweet potato Roasted Brussel sprouts Collard greens Corn pudding	Chicken spaghetti 26 Catfish almondine Baked potato Steamed cabbage Crowder peas Spinach and tomatoes Fried okra Chicken salad croissant Chicken noodle soup	Beef filet 27 Hawaiian grilled chicken Baked potato Buttered corn Boiled baby potatoes Steamed vegetables Whole green bean almondine Cheam spinach & artichoke Ham and pineapple croissant with fruit	Pork loin with apples 28 Pot Roast Crowder peas Canned yams Butter peas Green beans Mashed potatoes Pizza Tomato basil soup	Turkey pot roast 29 Swedish meatballs & fettucine Mashed potatoes and gravy Fettucine pasta Crowder peas Whole green beans Peas and carrots Vegetable soup and grilled cheese	Fried catfish 30 Meatloaf Creamed spinach Blackeyed peas Turnip greens Tater tots Mashed pot. and gravy Chicken noodle soup Hamburger & chips	