

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