

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
<b>Fried chicken 1</b> Pecan crusted catfish Baked sweet potato Baby roasted potatoes Blackeyed peas Steamed cabbage Parmesan cauliflower	<b>Seafood stuffed mushroom 2</b> Beef tips and rice Wild rice Steamed broccoli Baby lima bean Glazed carrots Fried okra Cauliflower soup Ham & cheese hoagie with chips	<b>Pork loin with apples 3</b> Blackened Catfish cake with remoulade and fried pickles Beets Canned yams Butter peas Baked apples Dirty rice Mini muffalattas & pasta salad Tomato basil soup	<b>Salmon croquette 4</b> Beef shoulder tender with root vegetables Creamed spinach Fried eggplant Sweet peas Rice pilaf Root vegetables Vegetable beef soup Cheeseburger & fries	<b>Country fried steak 5</b> Pecan crusted redfish Mashed potatoes & gravy Butter peas Carrot suffle Roasted veggies Roasted potatoes BLT with potato soup	<b>Fried catfish 6</b> Grilled chicken and cheese tortellini with pesto sauce Cajun potatoes Coleslaw Tater tots Turnip greens Green beans Broccoli cheese soup Hot dog & fries	<b>Chicken and dumplings 7</b> Chicken and waffles Cheese grits Roasted veggies Roasted cauliflower English peas Roasted sweet potatoes Biscuits Vegetable soup
<b>Fried chicken 8</b> Crab cake with shrimp topping Baked sweet potato Broccoli and cheese Marinated vegetables Corn pudding Baked potato	<b>Chicken artichoke lasagna 9</b> Beef brisket Potato salad Coleslaw Asparagus Roasted vegetables Baked beans Italian pasta salad with grilled chicken Minestrone soup	<b>Chicken broccoli and rice 10</b> Meatloaf Mashed potatoes and gravy Beets Parmesan cauliflower Glazed carrots Green beans Roasted Brussel sprouts Potato soup Hamburger and fries	<b>Pork Tenderloin 11</b> Chicken cordon bleu Baked potato Carrot suffle Wild rice Sweet peas Steamed cabbage Tomato basil soup Tuna salad sandwich & chips	<b>Turkey pot roast 12</b> Sweddish meatballs & penne pasta Mashed potatoes and gravy Steamed broccoli Crowder peas Whole green beans Fried green tomato Vegetable soup and grilled cheese	<b>Fried catfish 13</b> Chopped steak Creamed spinach Blackeyed peas Turnip greens Tater tots Mashed pot. and gravy Chicken noodle soup Meatball sub & chips	<b>Fried chicken livers 14</b> Roasted turkey Mashed potatoes & gravy Butter beans Sweet peas Brussel sprouts Sweet potato casserole Vegetable soup
<b>Fried chicken 15</b> Honey ham Baked sweet potato Blackeyed peas Cream corn Collard greens Green beans Deviled egg potato salad	<b>Grilled Salmon with lemon dill sauce 16</b> Chicken spaghetti Seasoned rice Creamed spinach Glazed carrots Steamed broccoli Fried okra Potato soup Tuna salad sandwich with fries	<b>Beef filet 17</b> Seafood crepe Baked potato Whole green beans Parmesan cauliflower Fried squash Cajun potatoes Shrimp and corn bisque Chicken salad sandwich & fruit	<b>Stuffed potato with ham &amp; turkey 18</b> Ham & cheese quiche Bacon & Cheese grit cake Baked apples Brussel sprouts Broccoli and cheese Butter peas Chicken and wild rice soup Ham & turkey sub	<b>Pot roast 19</b> Shrimp & Grits Mashed potatoes Cheese Grits Collard greens Blackeyed peas Cream corn Vegetable beef soup Cup chili and grilled cheese	<b>Fried catfish 20</b> Beef tips & gravy Rice Fries Steamed cabbage Honey carrots Sweet peas Chicken corn chowder Hot dog and chips	<b>Shrimp creole 21</b> Fried chicken tenders Mashed potatoes Fried okra Butter beans Collard greens English peas Tomato basil soup
<b>Fried chicken 22</b> Pork tenderloin Baked sweet potato Rice pilaf Steamed cabbage Blackeyed peas Broccoli cheese	<b>Hamburger 23</b> Steamed Shrimp Poboy Baked beans Steamed broccoli French fries Coleslaw Fried green tomato Chicken salad croissant with broccoli and cheese soup	<b>Fried drumstick 24</b> Pecan baked catfish Sweet potato Mashed potatoes & gravy Lima beans Turnip greens Field peas Vegetable beef soup Chef Salad	<b>Chopped steak 25</b> Braised chicken thighs Rice and gravy Baked potato Whole green beans Corn pudding English peas Potato soup Fried chicken entrée salad	<b>Fried seafood platter 26</b> Grilled chicken tenders French fries Turnip greens Steamed cabbage MS caviar Scalloped potatoes Chicken noodle soup & pimento cheese	<b>Fried catfish 27</b> Chicken and sausage jambalaya Turnip greens Steamed cabbage Blackeyed peas French fries Tomato soup & grilled cheese	<b>Baked almond crusted tilapia 28</b> Spaghetti with meatsauce Rice pilaf Green beans Corn nuggets Spinach and tomatoes English peas Clam chowder
<b>Fried chicken 29</b> Honey smoked Ham Cornbread dressing Baked sweet potato Roasted Brussel sprouts Collard greens Corn pudding	<b>Chicken spaghetti 30</b> Catfish almondine Baked potato Steamed cabbage Crowder peas Spinach and tomatoes Fried okra Chicken salad croissant Chicken noodle soup	<b>Beef filet 31</b> Chicken alfredo with pasta Baked potato Buttered corn Steamed broccoli Steamed vegetables Whole green bean almondine Spinach & artichoke soup Ham and pineapple croissant				