

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>Beef tips and rice 1</b><br>Fried chicken<br>Baked sweet potato<br>Rice pilaf<br>Steamed cabbage<br>Butter beans<br>Collard greens                              | <b>Red beans &amp; rice with sausage 2</b><br>Country fried steak<br>Mashed potatoes & gravy<br>Butter beans<br>Italian green beans<br>Parmesan cauliflower<br>Baked potato<br>Fried chicken salad<br>Vegetable soup | <b>Chicken marsala 3</b><br>Loaded turkey & ham potato<br>Brown rice<br>Roasted brussel sprouts<br>Honey carrots<br>Asparagus<br>Tomato soup<br>Philly sub with pasta salad                                  | <b>Chicken tortilla casserole 4</b><br>Pecan crusted catfish<br>Sauteed spinach & mushrooms<br>Roasted potatoes<br>Roasted vegetables<br>Cream corn<br>Chicken taco salad<br>Black bean soup | <b>Seafood platter</b><br>Smothered chicken<br>Fries<br>Rice<br>Turnip greens<br>Broccoli<br>Carrot suffle<br>Broccoli & cheese soup<br>Shrimp salad croissant<br>Comeback coleslaw with eggs & bacon  | <b>Fried catfish 6</b><br>Lasagna<br>Steamed broccoli<br>Steamed cabbage<br>Cajun potatoes<br>Whole green beans<br>Fried okra<br>Bacon & ranch chicken sandwich with chips<br>Chicken noodle soup       | <b>Pepper steak 7</b><br>Grilled chicken breast<br>Baked sweet potato<br>Mashed potatoes<br>Sweet peas<br>Roasted cauliflower<br>Honey carrots<br>Minestrone soup |
| <b>Fried chicken 8</b><br>Honey Ham<br>Egg potato Salad<br>Roasted sweet potatoes<br>Roasted Brussel sprouts<br>Carrot suffle<br>Broccoli<br>Speckled butter beans | <b>Smoked chicken quarters 9</b><br>Beef tips & rice<br>Mashed potatoes & gravy<br>Coleslaw<br>Turnip greens<br>Blackeyed peas<br>Baby lima beans<br>Potato soup<br>Tuna salad sandwich with fruit                   | <b>Grilled salmon 10</b><br>Chicken parmesan & pasta<br>Whole green beans<br>Roasted potatoes<br>Steamed broccoli<br>Butter corn<br>Fried okra<br>Chicken salad croissant with fruit<br>Shrimp & corn bisque | <b>Fried chicken tenders 11</b><br>Shrimp & Grits<br>Wild rice<br>Cheese Grits<br>Collard greens<br>Blackeyed peas<br>Coleslaw<br>Fried Shrimp poboy and fries<br>Gumbo                      | <b>Swedish meatballs &amp; fettucine 12</b><br>Crab cakes<br>Rice pilaf<br>Asparagus<br>Succotash<br>Roasted cauliflower<br>Fried eggplant<br>Minestrone soup<br>Cheeseburger & fries  | <b>Fried catfish 13</b><br>Spaghetti with meatsauce<br>Green beans<br>Steamed cabbage<br>Cajun potatoes<br>Stewed squash<br>Chili<br>Hot dog with chips   | <b>Turkey pot roast 14</b><br>Pork tenderloin<br>Wild rice<br>Broccoli<br>Lima beans<br>Mashed potatoes<br>Roasted cauliflower<br>Vegetable soup                  |
| <b>Fried chicken 15</b><br>Chicken & dumplings<br>Baked sweet potato<br>Brussel sprouts<br>Baby carrots<br>Blackeyed peas<br>Turnip greens                         | <b>Ham 5</b><br>Beef Stew<br>Steamed cabbage<br>Blackeyed peas<br>Mashed sweet potatoes<br>Rice<br>Roasted vegetables<br>Potato soup<br>Turkey & cheese hoagie<br>Pasta salad  | <b>Sauteed shrimp with fried eggplant 17</b><br>Jambalaya<br>Creamed spinach<br>Corn pudding<br>Turnip greens<br>muffalettas<br>Seafood gumbo  | <b>Salmon croquette 18</b><br>BBQ ribs<br>Coleslaw<br>Whole green beans<br>Baked beans<br>Cream corn<br>Fried okra<br>Vegetable soup<br>Cheeseburger & fries                                 | <b>Grilled ahi yellowfin tuna 19</b><br>Beef pot pie<br>Broccoli slaw<br>Creamed potatoes<br>Lima beans<br>Dirty rice<br>Teriyaki Roasted vegetables<br>Red pepper & smoked gouda soup<br>Egg Salad sandwich & chips                                 | <b>Fried catfish 20</b><br>Bacon, ranch, chicken flatbread pizza<br>Steamed cabbage<br>Cajun potatoes<br>Creamed spinach<br>Roasted corn<br>Fries<br>Ham & cheese hoagie & fruit<br>Chicken noodle soup | <b>Fried pork chop 21</b><br>Chicken cordon bleu<br>Candied yam<br>Mashed potatoes & gravy<br>Beets<br>Turnip greens<br>Field peas<br>French onion soup           |
| <b>Fried chicken 22</b><br>Roast beef<br>Turnip greens<br>Baked sweet potato<br>Crowder peas<br>Mashed potatoes<br>Green beans                                     | <b>Chopped steak 23</b><br>Shrimp creole<br>Fried zucchini<br>Roasted vegetables<br>Roasted corn<br>Creamed spinach<br>Mashed potatoes & gravy<br>Chicken tortilla soup<br>Pimento cheese & bacon with fruit         | <b>Maple pecan fried chicken 24</b><br>Grilled Salmon<br>Baked sweet potato<br>Brussel sprout<br>Broccoli<br>Sweet pea<br>Corn<br>Chef salad<br>Broccoli & cheese soup                                       | <b>Chicken spaghetti 25</b><br>Grilled pork chop<br>Squash & onions<br>Green beans<br>Beets<br>Rice pilaf<br>Fried okra<br>Tomato soup<br>Grilled chicken & cheese sub with chips            | <b>Asian grilled pork tenderloin 26</b><br>Honey ham<br>Pork & vegetable egg roll<br>Sweet potato casserole<br>Fried green beans<br>Roasted brussel sprouts<br>baked apples<br>Butternut squash soup<br>Turkey & cranberry croissant<br>Apple slices | <b>Fried catfish 27</b><br>Meatloaf<br>Steamed cabbage<br>Cajun potatoes<br>Mac & cheese<br>Turnip greens<br>Field peas<br>Chicken noodle soup<br>Cheeseburger & chips                                  | <b>Chicken livers 28</b><br>Fish & chips<br>Collard greens<br>Rice & gravy<br>Blackeyed peas<br>Canned yams<br>Steamed broccoli<br>Vegetable soup                 |
| <b>Fried chicken 29</b><br>Pork loin & apples<br>Wild rice<br>Carrot suffle<br>Lima beans<br>Green peas<br>Turnip greens   | <b>Spaghetti with meatsauce 30</b><br>Chicken parmesan<br>Creamed spinach<br>Green beans<br>Beets<br>Fried squash<br>Parmesan roasted cauliflower<br>Tomato soup<br>Grilled ham & cheese with chips                  | <b>Smoked brisket 31</b><br>Smoked chicken<br>Baked potato<br>Baked beans<br>Roasted vegetables<br>Coleslaw<br>Roasted corn<br>Broccoli cheese soup<br>Pulled pork sandwich & potato salad                   |  |  |   |   |

|  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|
|  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|