

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
<p>Fried chicken 31 Pecan crusted catfish Sweet potato casserole Lima beans English peas Okra & tomatoes Dirty rice</p>					<p>Fried catfish 1 Lasagna Steamed broccoli Steamed cabbage Cajun potatoes Whole green beans Fried okra Bacon & ranch chicken sandwich with chips Chicken noodle soup</p>	<p>Pepper steak 2 Grilled chicken breast Baked sweet potato Mashed potatoes Sweet peas Roasted cauliflower Honey carrots Minestrone soup</p>
<p>Fried chicken 3 Honey Ham Stewed Lamb & Gnocchi Egg potato Salad Roasted sweet potatoes Roasted Brussel sprouts Carrot suffle Broccoli Speckled butter beans</p>	<p>Smoked chicken quarters 4 Pot roast Mashed potatoes & gravy Coleslaw Turnip greens Blackeyed peas Baby lima beans Potato soup Tuna salad sandwich with fruit</p>	<p>Grilled salmon 5 Chicken parmesan & pasta Whole green beans Roasted potatoes Steamed broccoli Butter corn Fried okra Chicken salad croissant with fruit Shrimp & corn bisque</p>	<p>Fried chicken tenders 6 Shrimp & Grits Wild rice Cheese Grits Collard greens Blackeyed peas Coleslaw Fried Shrimp poboy and fries Gumbo</p>	<p>Swedish meatballs & fettucine 7 Crab cakes Rice pilaf Asparagus Succotash Roasted cauliflower Fried eggplant Minestrone soup Cheeseburger & fries</p>	<p>Fried catfish 8 Spaghetti with meatsauce Green beans Steamed cabbage Cajun potatoes Stewed squash Chili Hot dog with chips</p>	<p>Turkey pot roast 9 Pork tenderloin Wild rice Broccoli Lima beans Mashed potatoes Roasted cauliflower Vegetable soup</p>
<p>Fried chicken 10 Chicken & dumplings Baked sweet potato Brussel sprouts Baby carrots Blackeyed peas Turnip greens</p>	<p>Ham 11 Beef Stew Steamed cabbage Blackeyed peas Mashed sweet potatoes Rice Roasted vegetables Potato soup Turkey & cheese hoagie Pasta salad</p>	<p>Fried shrimp 12 Jambalaya Baked potato Roasted vegetables Fried green tomato Corn pudding Turnip greens muffalettas Seafood gumbo</p>	<p>Salmon croquette 13 BBQ ribs Coleslaw Whole green beans Baked beans Cream corn Fried okra Vegetable soup Cheeseburger & fries</p>	<p>Steamed shrimp 14 Beef pot pie Broccoli slaw Creamed potatoes Lima beans Dirty rice Roasted vegetables Red pepper & smoked gouda soup Egg Salad sandwich & chips</p>	<p>Fried catfish 15 Grilled chicken tenders Steamed cabbage Cajun potatoes Creamed spinach Roasted corn Fries Ham & cheese hoagie & fruit Chicken noodle soup</p>	<p>Fried pork chop 16 Chicken cordon bleu Candied yam Mashed potatoes & gravy Beets Turnip greens Field peas French onion soup</p>
<p>Fried chicken 17 Roast beef Turnip greens Baked sweet potato Crowder peas Mashed potatoes Green beans</p>	<p>Chopped steak 18 Shrimp creole Fried zucchini Roasted vegetables Roasted corn Creamed spinach Mashed potatoes & gravy Chicken tortilla soup Pimento cheese & bacon with fruit</p>	<p>Maple pecan fried chicken 19 Grilled Salmon Baked sweet potato Brussel sprout Broccoli Sweet pea Corn Chef salad Broccoli & cheese soup</p>	<p>Chicken spaghetti 20 Grilled pork chop Squash & onions Green beans Beets Rice pilaf Fried okra Tomato soup Grilled chicken & cheese sub with chips</p>	<p>Asian grilled pork tenderloin 21 Honey ham Pork & vegetable egg roll Sweet potato casserole Fried green beans Roasted brussel sprouts baked apples Butternut squash soup Turkey & cranberry croissant Apple slices</p>	<p>Fried catfish 22 Meatloaf Steamed cabbage Cajun potatoes Mac & cheese Turnip greens Field peas Chicken noodle soup Cheeseburger & chips</p>	<p>Chicken livers 23 Fish & chips Collard greens Rice & gravy Blackeyed peas Canned yams Steamed broccoli Vegetable soup</p>
<p>Fried chicken 24 Pork loin & apples Wild rice Carrot suffle Lima beans Green peas Turnip greens</p>	<p>Spaghetti with meatsauce 25 Chicken parmesan Creamed spinach Green beans Beets Fried squash Parmesan roasted cauliflower Tomato soup Grilled ham & cheese with chips</p>	<p>Smoked brisket 26 Smoked chicken Baked potato Baked beans Roasted vegetables Coleslaw Roasted corn Broccoli cheese soup Pulled pork sandwich & potato salad</p>	<p>Red beans & rice with sausage 27 Country fried steak Mashed potatoes & gravy Butter beans Italian green beans Parmesan cauliflower Baked potato Fried chicken salad Vegetable soup</p>	<p>Chicken marsala 28 Loaded turkey & ham potato Brown rice Roasted brussel sprouts Honey carrots Asparagus Chicken noodle soup Turkey sub with pasta salad</p>	<p>Fried catfish 29 Lamb & gnocchi stew Steamed cabbage Cajun potatoes Blackeyed peas Collard greens Fried okra Philly sub & Coleslaw Potato soup</p>	<p>Seafood platter 30 Smothered chicken Fries Rice Turnip greens Broccoli Carrot suffle Broccoli & cheese soup</p>

