

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
Redfish 30 Chicken pot pie Rice pilaf Scalloped potatoes Creamed spinach Roasted vegeables Fried squash	Chicken cordon bleu 31 Country fried steak Mashed potatoes Rice pilaf English peas Steamed broccoli Honey carrots Vegetable soup Chicken Caesar wrap with fruit					Bacon cheeseburger 1 Grilled chicken breast Sweet potato fries Potato salad Baked beans Steamed broccoli Roasted cauliflower Vegetable soup
Fried chicken 2 Stewed Lamb & Gnocchi Egg potato Salad Roasted sweet potatoes Roasted Brussel sprouts Carrot suffle Broccoli Speckled butter beans	Smoked chicken 3 Pot roast Mashed potatoes & gravy Coleslaw Turnip greens Blackeyed peas Baby lima beans Potato soup Tuna salad with fruit	Grilled salmon 4 Cheese Manicotti with spinach & mushrooms Whole green beans Roasted potatoes Steamed broccoli Cilantro lime rice Fried okra Chicken salad with fruit Shrimp & corn bisque	Fried chicken tenders 5 Shrimp & Grits Wild rice Cheese Grits Collard greens Blackeyed peas Coleslaw Fried Shrimp poboy with fries Gumbo	Sweddish meatballs & fettucine 6 Hawaiian grilled chicken Rice pilaf Asparagus Succotash Roasted cauliflower Fried eggplant Minestrone soup Cheeseburger & fries	Fried catfish 7 Spaghetti with meatsauce Green beans Steamed cabbage Cajun potatoes Stewed squash Chili Hot dog & tater tots	Turkey pot roast 8 Pork tenderloin Wild rice Broccoli Lima beans Mashed potatoes Roasted cauliflower Vegetable soup
Fried chicken 9 Chicken & dumplings Baked sweet potato Brussel sprouts Baby carrots Blackeyed peas Turnip greens	Ham 10 Beef Stew Steamed cabbage Blackeyed peas Mashed sweet potatoes Rice Roasted vegetables Potato soup Turkey & cheese with pasta salad	Fried shrimp 11 Jambalaya Baked potato Roasted vegetables Fried green tomato Corn pudding Turnip greens Muffalettas Seafood gumbo	Salmon croquette 12 BBQ Ribs Coleslaw Whole green beans Baked beans Cream corn Fried okra Vegetable soup Pulled pork sandwich & fries	Steamed shrimp 13 Beef pot pie Broccoli slaw Creamed potatoes Lima beans Dirty rice Roasted vegetables Cauliflower bisque Egg salad sandwich & chips	Fried catfish 14 Grilled chicken tenders Steamed cabbage Mashed potatoes Creamed spinach Steamed broccoli Fries Ham & cheese hoagie with fruit Chicken noodle soup	Fried pork chop 15 Chicken cordon bleu Candied yam Mashed potatoes & gravy Beets Turnip greens Field peas French onion soup
Fried chicken 16 Roast beef Turnip greens Baked sweet potato Crowder peas Mashed potatoes Green beans	Chopped steak 17 Shrimp creole Fried zucchini Roasted vegetables Roasted corn Creamed spinach Mashed potatoes & gravy Broccoli cheese soup Pimento & cheese with bacon & fruit	Maple pecan fried chicken 18 Grilled Salmon Baked sweet potato Brussel sprout Broccoli Sweet pea Corn Chicken,corn & white bean soup Chef Salad	Chicken spaghetti 19 Fried chicken livers Squash & onions Green beans Beets Rice pilaf Fried okra Tomato soup Grilled Chicken Caesar wrap with pasta	Asian grilled pork tenderloin20 Roasted turkey Cornbread dressing Sweet potato casserole Fried green beans Roasted brussel sprouts baked apples Butternut squash soup Turkey & cranberry croissant with apples	Fried catfish 21 Meatloaf Steamed cabbage Cajun potatoes Mac & cheese Turnip greens Field peas Chicken noodle soup Cheeseburger & chips	Beef tips & rice 22 Fish & chips Collard greens Rice & gravy Blackeyed peas Canned yams Steamed broccoli Vegetable soup
Fried chicken 23 Pork loin & apples Wild rice Carrot suffle Lima beans Green peas Turnip greens	Spaghetti with meatsauce 24 Chicken parmesan Creamed spinach Green beans Beets Fried squash Parmesan roasted cauliflower Tomato soup Grilled ham & cheese with chips	Smoked brisket 25 Smoked chicken Baked potato Baked beans Roasted vegetables Coleslaw Roasted corn Broccoli cheese soup Pulled pork sandwich & potato salad	Fried eggplant Sauteed shrimp 26 Turkey tetrazzini Brussel sprouts Turnip greens Cream corn Okra & tomatoes Blackeyed peas Chicken salad croissant & fruit Cream chicken & corn soup	Pork belly & smoked drumstick 27 Seafood crepe Roasted potatoes Northern white beans Fried okra Baked sweet potato Whole green beans French onion soup Chef salad	Fried catfish 28 Beef & cheese Calzone Turnip greens Fries Blackeyed peas Coleslaw Okra & tomatoes Hot dog Chili	Lasagna 29 Quiche Cheese grits Asparagus Fried green tomatoes Cauliflower Green beans