

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
				Sweddish meatballs & fettucine 1 Hawaiian grilled chicken Rice pilaf Asparagus Succotash Roasted cauliflower Fried eggplant Minestrone soup Cheeseburger & fries	Fried catfish 2 Spaghetti with meatsauce Green beans Steamed cabbage Cajun potatoes Stewed squash Chili Hot dog & tater tots	Turkey pot roast 3 Pork tenderloin Wild rice Broccoli Lima beans Mashed potatoes Roasted cauliflower Vegetable soup
Fried chicken 4 Chicken & dumplings Baked sweet potato Brussel sprouts Baby carrots Blackeyed peas Turnip greens	BBQ Chicken 5 Cheeseburger Steamed cabbage MS Caviar Baked beans Tater tots Roasted vegetables Broccoli & cheese soup Turkey, bacon, avocado sandwich & chips	Fried shrimp 6 Jambalaya Baked potato Roasted vegetables Fried green tomato Corn pudding Turnip greens Muffalettas Seafood gumbo	Salmon croquette 7 BBQ Ribs Coleslaw Whole green beans Baked beans Cream corn Fried okra Vegetable soup Pulled BBQ chicken sandwich & fries	Steamed shrimp 8 Beef pot pie Broccoli slaw Creamed potatoes Lima beans Dirty rice Roasted vegetables Cauliflower bisque Egg salad sandwich & chips	Fried catfish 9 Grilled chicken tenders Steamed cabbage Boiled cajun potatoes Creamed spinach Steamed broccoli Fries Ham & cheese hoagie with fruit Chicken noodle soup	Fried pork chop 10 Chicken cordon bleu Candied yam Rice & gravy Beets Turnip greens Field peas French onion soup
Fried chicken 11 Roast beef Turnip greens Baked sweet potato Crowder peas Mashed potatoes Green beans	Chopped steak 12 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 13 Grilled Salmon Baked sweet potato Brussel sprout Broccoli Sweet pea Corn Chicken,corn & white bean soup Chef Salad	Chicken spaghetti 14 Fried chicken livers Squash & onions Green beans Beets Rice & gravy Fried okra Tomato soup Grilled Chicken Caesar wrap with pasta	Asian grilled pork tenderloin15 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 16 Meatloaf Steamed cabbage Cajun potatoes Mac & cheese Turnip greens Field peas Chicken noodle soup Cheeseburger & chips	Beef tips & rice 17 Fish & chips Collard greens Rice & gravy Blackeyed peas Canned yams Steamed broccoli Vegetable soup
Fried chicken 18 Pork loin & apples Wild rice Carrot suffle Lima beans Green peas Turnip greens	Spaghetti with meatsauce 19 Chicken parmesan Creamed spinach Green beans Beets Fried squash Parmesan roasted cauliflower Tomato soup Grilled ham & cheese with chips	Smoked brisket 20 Smoked chicken Baked potato Baked beans Roasted vegetables Coleslaw Roasted corn Broccoli cheese soup Pulled pork sandwich & potato salad	Fried eggplant Sauteed shrimp 21 Chicken artichoke lasagna Brussel sprouts Turnip greens Cream corn Okra & tomatoes Fried cauliflower Chicken salad croissant & fruit Cream chicken & corn soup	Pork belly & smoked drumstick 22 Seafood crepe Roasted potatoes Northern white beans Fried okra Baked sweet potato Whole green beans French onion soup Chef salad	Fried catfish 23 Beef Stroganoff Turnip greens Fries Blackeyed peas Coleslaw Okra & tomatoes Steak & cheese pizza Vegetable soup	Chicken & waffles 24 Quiche Cheese grits Asparagus Fried green tomatoes Cauliflower Green beans Chicken noodle soup
Fried chicken 25 Pepper steak Rice & gravy Baked sweet potato Lima beans Blackeyed peas Cauliflower	Country Fried steak 26 Chicken cordon bleu Mashed potatoes Rice pilaf English peas Steamed broccoli Honey carrots Philly sub & chips Vegetable soup	Fried pork chop 27 Gyro with Greek fries Baked apples Rice & gravy Lima beans Steamed cabbage Greek fries Steak taco Salad Chicken tortilla soup	Smoked chicken 28 Pot roast Mashed potatoes & gravy Coleslaw Turnip greens Blackeyed peas Baby lima beans Potato soup Tuna salad with fruit	Grilled salmon 29 Beef tournadoes Whole green beans Roasted potatoes Steamed broccoli Cilantro lime rice Fried okra Chicken salad with fruit Shrimp & corn bisque	Fried catfish 30 Chopped steak Cajun potatoes Turnip greens Mashed potatoes Baby carrots Coleslaw Hot dog Chili	Spaghetti & meatballs Chicken breast with alfredo sauce & pasta 31 Whole green beans Fried corn nuggets Sauteed spinach Italian soup