

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch						
Rotisserie Chicken	Baked Chicken Wings	Pulled Pork	Pepper Steak	Fried Fish		
Italian Sausage Marinara	Salisbury Steak	Fried Chicken	Chicken Parmesan	BBQ Chicken Thighs	Cajun Chicken Thighs	Hand Carved Roast Beef
Linguini	White Rice	Mac and Cheese	Fettuccini	Dirty Rice	Rice Pilaf	Red Bliss Mashed Potatoes
Steamed Broccoli Spears	Buttered Corn	Collard Greens	Fresh Steamed Vegetables	Fresh Corn on the Cob	Roasted Vegetables	Sugar Snap Peas
		Roasted Sweet Potatoes				
Ravioli Primavera	Garden Balls over Spaghetti	Vegetarian Stuffed Peppers	Wild Mushroom Sauce Cheese Ravioli	Pasta with Garden Bolognese	Cheddar and Broccoli Casserole	Ratatouille Casserole
Grill						
Cajun Chicken Sandwich w/ Fries	Fish Sandwich Onion Rings	Mushroom Swiss Burger & Fried Chips	Hot Dog Fries	Chicken Quesadilla Chips and Salsa		
Pizza						
Sausage Pizza	Buffalo Chicken Pizza	Meatball Pizza	Cinnamon Dessert Pizza	Chicken Ranch Pizza		
Dinner						
BBQ Chicken Thigh	Lemon Pepper Drum Sticks	Baked Chicken	Cajun Chicken Thighs	BBQ Pork Tips		
Beef Stew	Meatball Marinara	Country Fried Steak	Turkey Meatloaf	Sweet and Sour Chicken	Baked Lasagna (turkey)	Rotisserie Baked Chicken
Cilantro White Rice	Spaghetti	Rice and Beans	Mashed Potatoes and Gravy	White Rice	Roasted Potatoes	Scalloped Potatoes
Sautéed Green Bean	Zucchini	Mixed Vegetables	Seasonal Vegetable Blend	Steamed Broccoli	Fresh Winter Blend	Turnip Greens
Buffalo Tofu	Garden Zucchini Pie	Fried Tofu Fingers	Mushroom Risotto	Garden Vegetable Stir Fry/Brown Rice	Creamy Pasta and Vegetables	Roasted Red Pepper Frittata

*Deli, Salad, Assorted Desserts are offered daily