

Menu: Sunday, Oct 5- Saturday, Oct 11

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	Oct 5	Oct 6	Oct 7	Oct 8 LUNCH TAKE OUT ONLY	Oct 9	Oct 10	Oct 11
Entrée 1	Breakfast Casserole	Garlic Herb Roasted Chicken Quarter	Spaghetti & Meatballs	Roasted Turkey Breast w/ Gravy (lunch only) ✓	Guajillo Chicken Enchiladas	Meatloaf	Braised Beef Tips
Entrée 2	Lemon Herb Salmon ✓	Beef Barbacoa	Citrus Marinated Pork Loin	Hungarian Goulash (lunch only)	Smothered Pork Chop	King Ranch Chicken Casserole	Chicken Schnitzel
Entrée 3 (lunch only) & Dinner Take-out		Shrimp Scampi (lunch only)	Turkey Tortilla Casserole (lunch only)	Chicken Parmesan Casserole (lunch only)	Shepherd's Pie (lunch only)	Shrimp Etouffe (lunch only)	Southwest Tilapia ✓
Vegetable	Sauteed Kale ✓	Steamed Corn Kernels ✓	Creamed Spinach ✓	Sauteed Swiss Chard ✓	Green Beans ✓	Roasted Zucchini ✓	Seasoned Carrots ✓
Vegetable	Green Peas ✓	Zucchini & Tomatoes ✓	Roasted Tomatoes ✓	Steamed Broccoli ✓	Pinto Beans	Steamed Cauliflower ✓	Vegetable Stir Fry ✓
Vegetable	Okra & Tomatoes ✓	Lemon & Olive Oil Broccoli ✓	Baby Bok Choy ✓	Green Bean Casserole	Glazed Carrots ✓	Braised Green Beans & Bacon	Broccoli ✓
Starch	Mashed Potatoes & Gravy	Spaghetti Noodles	Vegetable Fried Rice	Traditional Stuffing	Steamed Rice ✓	Chive Polenta	Mushroom Rice Pilaf
Starch	Garlic Rice	Yukon Gold Mashed Potatoes	Dijon Roasted Potatoes	Mashed Potatoes w/ Gravy	Mashed Potatoes & Gravy	Red Beans & Rice	Mashed Potatoes & Gravy
Soup	Beef & Orzo Soup	Traditional Pozole	Minestrone ✓	Coconut Chicken Soup	Albondigas Soup ✓	New England Clam Chowder	Cream of Cauliflower ✓
ITEMS BELOW <u>ONLY</u> AVAILABLE AT LUNCH TIME							
Lunch Salad / Cold		Asian Sweet Chili Shrimp Salad	Asian Sweet Chili Shrimp Salad	Asian Sweet Chili Shrimp Salad	Tuna Salad Plate ✓	Tuna Salad Plate ✓	Tuna Salad Plate ✓
Lunch Grill Special #1		Grill Chicken or Tofu Bahn Mi ✓	Crispy Beef Tacos (National Day)	Grill Chicken or Tofu Bahn Mi ✓	Smash Burger Tacos	Smash Burger Tacos	Smash Burger Tacos
Lunch Grill Special #2		Baja Fish Tacos	Baja Fish Tacos	Baja Fish Tacos	Bacon Grilled Cheese	Bacon Grilled Cheese	Bacon Grilled Cheese

✓ - Healthier Options

🌱 - Vegetarian

Oct 6 - 10: Crispy Chicken Mac & Cheese Bowl, \$8