



	<b>MONDAY</b> 14 Aug 23 Menu Day 1	<b>TUESDAY</b> 15 Aug 23 Menu Day 2	<b>WEDNESDAY</b> 16 Aug 23 Menu Day 3	<b>THURSDAY</b> 17 Aug 23 Menu Day 4	<b>FRIDAY</b> 18 Aug 23 Menu Day 5	<b>SATURDAY</b> 19 Aug 23 Menu Day 6	<b>SUNDAY</b> 20 Aug 23 Menu Day 7
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<b>ENTREES</b>	<b>LUNCH</b> #1 Almond Crusted Cod #2 Simmered Beef #3 SW Sweet Potatoes Black Beans and Corn	<b>LUNCH</b> #1 Chili Mac #2 Basil Baked Fish #3 Teriyaki Chicken	<b>LUNCH</b> #1 Shrimp Kabob #2 Ginger BBQ chicken #3 Lemon Basil Pasta	<b>LUNCH</b> #1 Honey Mustard chicken #2 Ziti w/ Meat Sauce #3 Baked Fish	<b>LUNCH</b> #1 Polish Sausage #2 Baked Salmon #3 Hamburger Yakisoba	<b>LUNCH</b> #1 Santa Fe glazed Chicken #2 Baked Dijon Pork Chops #3 Beef Ball Stroganoff	<b>LUNCH</b> #1 Cheese Tortellini w/ Marinara #2 French Fried Shrimp #3 Bourbon Chicken
	<b>DINNER</b> #1 Spaghetti w/Turkey Meat Sauce #2 Baked Fish w/ Lemon Garlic butter #3 Steak Smothered in Onions	<b>DINNER</b> #1 Pork Roast Tenderloin #2 Baja Baked Cod #3 Pasta Provencal	<b>DINNER</b> #1 Marinated Tomatoes W/ Penne & Basil #2 Southern Fried Catfish #3 Sweet Chilli BBQ Meatballs	<b>DINNER</b> #1 Hot n' Spicy chicken #2 Pasta Toscano #3 Cantonese Spareribs	<b>DINNER</b> #1 Roast Beef #2 Shrimp Scampi #3 German chicken Schnitzel	<b>DINNER</b> #1 Salmon w Maple ginger Glazed #2 Stuffed Green Pepper w/ Turkey & Lentils #3 Pasta Primavera	<b>DINNER</b> #1 Beef Pot Pie #2 Lemon Baked Fish #3 Herbed baked Chicken

<b>STARCHES</b>	<b>LUNCH</b> #1 Steamed Rice #2 Roasted Pepper Potatoes	<b>LUNCH</b> #1 Rice Pilaf #2 Simmered Pinto Beans	<b>LUNCH</b> #1 Garlic & Soy roasted Potatoes #2 Steamed Rice	<b>LUNCH</b> #1 Red Beans & Rice #2 Mashed Potatoes	<b>LUNCH</b> #1 Buttered Parsley Potatoes #2 Brown Rice w/ Tomatoes	<b>LUNCH</b> #1 Hopping John Rice #2 Cottage Fried Potatoes	<b>LUNCH</b> #1 Steamed Rice #2 Roasted Pepper Potatoes
	<b>DINNER</b> #1 Long Grain & Wild Rice #2 Baked Sweet Potatoes	<b>DINNER</b> #1 Scalloped Potatoes #2 Steamed Rice	<b>DINNER</b> #1 Brown Rice #2 Potatoes & Herbs	<b>DINNER</b> #1 Crispy Potato Wedges #2 Harvest Blend Rice	<b>DINNER</b> #1 Steamed Rice #2 Baked Potato Halves	<b>DINNER</b> #1 Garlic Mashed Potatoes #2 Lyonnaise Rice	<b>DINNER</b> #1 Roasted Rosemary Potato Wedges #2 Steamed Rice

<b>VEGGIES</b>	<b>LUNCH</b> #1 Corn #2 Peas & Carrots #3 Asparagus	<b>LUNCH</b> #1 Green Beans w Mushrooms #2 Cauliflower #3 Oriental Stir Fry cabbage	<b>LUNCH</b> #1 Green Beans Sesame Glaze #2 Savory Summer Squash #3 Spinach	<b>LUNCH</b> #1 Broccoli #2 Southern Style Collard Greens #3 Carrots	<b>LUNCH</b> #1 Sautéed Pepper & Onions #2 Brussel Sprout #3 Mixed Veggies	<b>LUNCH</b> #1 Snow Peas #2 fried Cauliflower #3 Braised Cabbage	<b>LUNCH</b> #1 Roasted Carrots w/ Rosemary #2 Japanese Stir fry Vegetable #3 Succotash
	<b>DINNER</b> #1 Succotash #2 Cauliflower Parmesan #3 Roasted Carrots w/ Rosemary	<b>DINNER</b> #1 Corn Calico #2 Broccoli Combo #3 Garlic sautéed Spinach	<b>DINNER</b> #1 Snow Peas #2 Stewed Tomatoes #3 Grilled Asparagus	<b>DINNER</b> #1 Okra Melange #2 Green Beans w/Mushroom #3 Cream Style Corn	<b>DINNER</b> #1 Corn on the Cob #2 Glazed Carrots #3 Cauliflower Parmesan	<b>DINNER</b> #1 Garlic sautéed Spinach #2 Zucchini & Yellow Squash Gratin #3 Fried Okra	<b>DINNER</b> #1 Honey Glazed Pea Pods & Carrots #2 Broccoli combo #3 Olive-Oil Braised Carrots w/Warm Spices



All prices are based on Ala Carte and cash paying customers are subject to a 33% surcharge. Menus are subject to change.



	<b>MONDAY</b> 21 Aug 23 Menu Day 8	<b>TUESDAY</b> 22Aug23 Menu Day 9	<b>WEDNESDAY</b> 23Aug 23 Menu Day 10	<b>THURSDAY</b> 24 Aug 23 Menu Day 11	<b>FRIDAY</b> 25 Aug 23 Menu Day 12	<b>SATURDAY</b> 26 Aug 23 Menu Day 13	<b>SUNDAY</b> 27 Aug 23 Menu Day 14
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<b>ENTREES</b>	<b>LUNCH</b> #1 Caribbean Catfish #2 Jerk Roast Turkey #3 Stuffed Green Pepper	<b>LUNCH</b> #1 Baked Fish #2 Meat Loaf #3 Baked Chicken	<b>LUNCH</b> #1 Lemon Basil Shrimp Pasta #2 Mambo Pork roast #3 Grilled Chicken w/ Mustard Sauce	<b>LUNCH</b> #1 Honey Ginger chicken #2 Grilled salmon w/ Citrus Butter #3 BBQ Brisket	<b>LUNCH</b> #1 Chicken Florentine #2 Italian Broccoli Pasta #3 Stuffed baked Pork chops	<b>LUNCH</b> #1 French Fried Shrimp #2 Hot and Spicy Chicken #3 Ziti w/ Meat sauce	<b>LUNCH</b> #1 Turkey Lentil Chili #2 Shrimp Jambalaya #3 Southern Fried Chicken
	<b>DINNER</b> #1 SW Sweet Potatoes, Black beans & Corn #2 Beef Szechwan #3 Chicken Breast Dijon	<b>DINNER</b> #1 Chicken Enchilada #2 Southwestern Fish #3 Beef Fajitas	<b>DINNER</b> #1 Grilled Steak #2 Roast Turkey #3 Mediterranean Salmon	<b>DINNER</b> #1 Crispy Oven Baked Chicken #2 Roast Beef #3 Parmesan Crusted Cod	<b>DINNER</b> #1 Greek Lemon Turkey Pasta #2 Savory Baked chicken #3 Oven Fried Fish	<b>DINNER</b> #1 Beef Stir Fry #2 Baked Stuffed Fish #3 Chicken Bulgogi	<b>DINNER</b> #1 Baked Dijon Pork Chops #2 Chili Mac #3 Lemon Pepper Catfish

<b>STARCHES</b>	<b>LUNCH</b> #1 Islander Rice #2 Baked Potato halves	<b>LUNCH</b> #1 Baked Mac n Cheese #2 Mashed Potatoes	<b>LUNCH</b> #1 Barley Pilaf #2 Roasted Redskin Potatoes	<b>LUNCH</b> #1 Spicy Brown rice Pilaf #2 Sweet Potatoes Southern Style	<b>LUNCH</b> #1 Savory Style Beans #2 Oven Brownd Potatoes	<b>LUNCH</b> #1 Buttered Parsley Potatoes #2 Harvest Blend Rice	<b>LUNCH</b> #1 Buttered Egg Noodle #2 Boston Baked Beans
	<b>DINNER</b> #1 Rice Pilaf #2 Scalloped Potatoes	<b>DINNER</b> #1 Mexican Rice #2 Refried Beans w/ Cheese	<b>DINNER</b> #1 Roasted Pepper Potatoes #2 Brown Rice	<b>DINNER</b> #1 Steamed rice #2 Baked Sweet Potatoes	<b>DINNER</b> #1 Brown Rice w/ Sicilian Vegetables #2 Mashed Potatoes	<b>DINNER</b> #1 Dirty Rice #2 Lyonnaise Potatoes	<b>DINNER</b> #1 Simmered Pinto Beans #2 Hopping John Rice

<b>VEGGIES</b>	<b>LUNCH</b> #1 Savory summer Squash #2 French style Green Beans #3 Garlic Peas	<b>LUNCH</b> #1 Black Eyed Peas #2 Honey Glazed Pea Pods & Carrots #3 Sautéed Mushrooms & Onions	<b>LUNCH</b> #1 Roasted Zucchini Squash w Tomatoes #2 Broccoli Polonaise #3 Grilled Asparagus	<b>LUNCH</b> #1 Corn #2 Stewed Tomatoes #3 Southern Style Collard Greens	<b>LUNCH</b> #1 Cauliflower Au Gratin #2 Carrots on the Griddles #3 Broccoli	<b>LUNCH</b> #1 Herbed Green Beans #2 Zucchini & Yellow Squash Gratin #3 Fried Okra	<b>LUNCH</b> #1 Cajun Style Beans #2 Peas w/ Mushroom & Onions #3 Cauliflower Combo
	<b>DINNER</b> #1 Asparagus #2 Cauliflower #3 Cream Style Corn	<b>DINNER</b> #1 Hacienda Green Beans #2 Mexican Corn #3 Roasted Brussel Sprouts	<b>DINNER</b> #1 Braised Cabbage #2 Green Beans w/ Feta #3 Cauliflower Combo	<b>DINNER</b> #1 Carrots #2 Corn combo #3 Snow Peas	<b>DINNER</b> #1 Garlic Sauteed Spinach #2 Mixed Vegetables #3 Green Beans w/ Mushrooms	<b>DINNER</b> #1 Succotash #2 Glazed Carrots #3 Japanese Stir Fry Vegetables	<b>DINNER</b> #1 Zucchini Fritters #2 Corn #3 Broccoli



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	<b>MONDAY</b> 28 Aug 23 Menu Day 15	<b>TUESDAY</b> 29 Aug 23 Menu Day 16	<b>WEDNESDAY</b> 30 Aug 23 Menu Day 17	<b>THURSDAY</b> 31 Aug 23 Menu Day 18	<b>FRIDAY</b> 1 Sep 23 Menu Day 19	<b>SATURDAY</b> 2 Sep 23 Menu Day 20	<b>SUNDAY</b> 3 Sep 23 Menu Day 21
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<b>ENTREES</b>	<b>LUNCH</b> #1 Roast Beef #2 Chicken Cordon Bleu #3 Pasta Primavera	<b>LUNCH</b> #1 Chicken Kebab #2 Pepper Steak #3 Tuna Noodles	<b>LUNCH</b> #1 Beef Brogul #2 Teriyaki Pork steak #3 Fish Onion- Lemon Baked	<b>LUNCH</b> #1 Turkey & Spinach Meatloaf #2 Marinated Tomatoes w/ Penne and Basil #3 Pineapple BBQ Meatballs	<b>LUNCH</b> #1 Tuna Noodles #2 Stuffed Green Pepper w/ turkey & Lentils #3 Swiss Steak w/ Gravy	<b>LUNCH</b> #1 Grilled Honey Sriracha Chicken #2 Stir Fried Garden Vegetables w/Marinated Tofu and Brown Rice #3 Shrimp Chop Suey	<b>LUNCH</b> #1 Turkey A La King #2 Country Style Fried Steak #3 Fish w/ SW Salsa
	<b>DINNER</b> #1 Turkey Nuggets #2 Beef and Corn Pie #3 Bourbon Chicken	<b>DINNER</b> #1 Sweet & Spicy Orange salmon #2 Cheese Tortellini w/ Marinara #3 Steak Ranchero	<b>DINNER</b> #1 Almon Crusted cod #2 Hamburger Yakisoba #3 Cranberry Glazed Chicken	<b>DINNER</b> #1 BBQ Beef Cubes #2 Chicken Enchilada #3 Baked Florentine Turkey Roulade	<b>DINNER</b> #1 Lasagna #2 Chicken Cacciatore #3 Italian Broccoli Pasta	<b>DINNER</b> #1 Jamaican Chicken #2 Braised Spareribs #3 Salisbury Grilled Salmon	<b>DINNER</b> #1 Polynesian Fillet #2 Steak Smothered in Onion #3 Swedish Meatballs

<b>STARCHES</b>	<b>LUNCH</b> #1 Mashed Potatoes #2 Steamed Rice	<b>LUNCH</b> #1 Roasted Redskin Potatoes #2 Steamed Rice	<b>LUNCH</b> #1 Rice Pilaf #2 Baked Beans <b>DINNER</b> #1 Lyonnaise Potatoes #2 Steamed Rice	<b>LUNCH</b> #1 Islander Rice #2 O'Brien Potatoes <b>DINNER</b> #1 Baked Mac & Cheese #2 Steamed Rice	<b>LUNCH</b> #1 Simmered Pinto Beans #2 Brown Rice w/ Tomatoes <b>DINNER</b> #1 Harvest Blend Rice #2 Franconia Potatoes	<b>LUNCH</b> #1 Steamed Rice #2 Baked Potatoes <b>DINNER</b> #1 Baked Beans #2 Brown Rice	<b>LUNCH</b> #1 Spinach & Tomato Orzo #2 Parmesan Rice <b>DINNER</b> #1 Rissole Potatoes #2 Oriental Rice
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<b>VEGGIES</b>	<b>LUNCH</b> #1 Snow Peas #2 Cream Style Corn #3 Roasted Zucchini Squash w/ Tomatoes	<b>LUNCH</b> #1 Braised cabbage #2 Mexican Corn #3 Sauteed Mushroom & Onion	<b>LUNCH</b> #1 savory Summer Squash #2 Broccoli Polonaise #3 Carrots <b>DINNER</b> #1 Hacienda Corn & Black Beans #2 Roasted Brussel Sprout #3 French Style Peas	<b>LUNCH</b> #1 Vegetable Medley #2 French Style Green Beans #3 Curried Cauliflower <b>DINNER</b> #1 Grilled asparagus #2 Black Eyed Peas #3 Broccoli Combo	<b>LUNCH</b> #1 Peas #2 Mediterranean Grilled Asparagus #3 Succotash <b>DINNER</b> #1 Scalloped Corn #2 Zucchini & Yellow Squash Gratin w/Parmesan & Fresh Thyme #3 Herbed Green Beans	<b>LUNCH</b> #1 Oriental Stir Fry Cabbage #2 Corn Combo #3 Fried Okra <b>DINNER</b> #1 Peas w/ Mushroom & Onion #2 Green Beans Sesame Glazed #3 Southern Style Collard Greens	<b>LUNCH</b> #1 Roasted Cauliflower #2 Snow Peas #3 Mixed Vegetables <b>DINNER</b> #1 Carrots #2 Cauliflower Combo #3 Roasted Zucchini Squash w/ Tomatoes
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	<b>MONDAY</b> 4 Sep 23 Menu Day 22	<b>TUESDAY</b> 5 Sep 23 Menu Day 23	<b>WEDNESDAY</b> 6 Sep 23 Menu Day 24	<b>THURSDAY</b> 7 Sep 23 Menu Day 25	<b>FRIDAY</b> 8 Sep 23 Menu Day 26	<b>SATURDAY</b> 9Sep 23 Menu Day 27	<b>SUNDAY</b> 10Sep23 Menu Day 28
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<b>ENTREES</b>	<b>LUNCH</b> #1 Oriental Pepper Steak #2 Chicken Parmesan #3 Baked Fish w/Lemon Garlic Butter	<b>LUNCH</b> #1 Basil Baked Fish #2 Turkey Breast Fillet #3 Pasta Provencal	<b>LUNCH</b> #1 Spicy Catfish Poboy #2 Grilled Pork Chops #3 Cajun Meatloaf	<b>LUNCH</b> #1 Baked Dijon Pork Chop #2 Spinach Lasagna #3 Baked Florentine Turkey Roulade	<b>LUNCH</b> #1 Roast Turkey #2 Cheese tortellini W/ Marinara #3 Stuffed Green Pepper	<b>LUNCH</b> #1 Baked chicken #2 Southwestern Shrimp Linguine #3 Beef Bulgogi	<b>LUNCH</b> #1 Creole Fish Fillets #2 Stir Fry Chicken w/ Broccoli #3 Teriyaki Steak
	<b>DINNER</b> #1 Pork Roast Tenderloin #2 Tuna Noodles #3 Savory Baked Chicken	<b>DINNER</b> #1 Baja Fish Taco #2 Baked Mexican Chicken #3 Beef Stir Fry	<b>DINNER</b> #1 Fish Onion-Lemon Baked #2 Simmered Beef #3 Cajun Chicken	<b>DINNER</b> #1 Baked Salmon #2 Pineapple BBQ Meatballs #3 Honey Mustard Chicken	<b>DINNER</b> #1 Turkey & Spinach Meatloaf #2 Parmesan Fish #3 Crispy Oven Baked Chicken	<b>DINNER</b> #1 Honey Ginger Chicken #2 Salisbury Steak #3 Cheese Manicotti	<b>DINNER</b> #1 Chicken A La King #2 Baked Fish #3 Pasta Primavera

<b>STARCHES</b>	<b>LUNCH</b> #1 Brown Rice #2 Oven Brownd Potatoes	<b>LUNCH</b> #1 Mashed Potatoes #2 Jefferson Noodles	<b>LUNCH</b> #1 Red Beans & Rice #2 Crispy Potato Wedges	<b>LUNCH</b> #1 Italian Style Baked Beans #2 Barley Pilaf	<b>LUNCH</b> #1 Cornbread Dressing #2 Baked Sweet Potato	<b>LUNCH</b> #1 Sicilian Brown Rice w/ Vegetable #2 Garlic Mashed Potatoes	<b>LUNCH</b> #1 Lyonnaise Rice #2 Roasted Pepper Potatoes
	<b>DINNER</b> #1 Long Grain & Wild Rice #2 Glazed Sweet Potatoes	<b>DINNER</b> #1 Steamed Rice #2 Hacienda Potatoes	<b>DINNER</b> #1 Dirty Rice #2 Roasted Pepper Potatoes	<b>DINNER</b> #1 Steamed Rice #2 Crispy Potato wedges	<b>DINNER</b> #1 Orzo with Lemon and Herbs #2 Roasted Rosemary Potato Wedges	<b>DINNER</b> #1 Sweet Potato Southern Style #2 Boston Baked Beans	<b>DINNER</b> #1 O'Brien Potatoes #2 Quinoa Southwest Pilaf

<b>VEGGIES</b>	<b>LUNCH</b> #1 Corn Calico #2 Tempura Vegetables #3 Spinach	<b>LUNCH</b> #1 Carrots #2 Cauliflower #3 Broccoli Parmesan	<b>LUNCH</b> #1 Corn on the Cob #2 Cajun Style Vegetable #3 Peas w/ Onions	<b>LUNCH</b> #1 Sauteed Collard Greens w/ Garlic #2 Cauliflower Combo #3 Scalloped Corn	<b>LUNCH</b> #1 Grilled Asparagus #2 Snow Peas #3 Fried Cauliflower	<b>LUNCH</b> #1 Herbed Green Beans #2 Fried Okra #3 Braised Cabbage	<b>LUNCH</b> #1 Honey Glazed Pea Pods and Carrots #2 Roasted Cauliflower #3 French Style Green Beans
	<b>DINNER</b> #1 Stewed Tomatoes #2 Broccoli Polonaise #3 Corn	<b>DINNER</b> #1 Hacienda Green Beans #2 Cauliflower Combo #3 Mediterranean Lima Beans	<b>DINNER</b> #1 Okra Melange #2 Cajun Style Vegetables #3 Green Beans w/ Feta	<b>DINNER</b> #1 Curried Cauliflower #2 Mixed Vegetables #3 Savory Summer Squash	<b>DINNER</b> #1 Roasted Carrots w/ Rosemary #2 Brussel Sprout #3 Broccoli Polonaise	<b>DINNER</b> #1 Collard Greens #2 Scalloped Corn #3 Cauliflower Au Gratin	<b>DINNER</b> #1 Stewed Tomatoes #2 Hacienda Corn & Black Bean #3 Roasted Zucchini Squash w/ Tomatoes