



	MONDAY 9 Oct 23 Menu Day 1	TUESDAY 10 Oct 23 Menu Day 2	WEDNESDAY 11 Oct 23 Menu Day 3	THURSDAY 12 Oct 23 Menu Day 4	FRIDAY 13 Oct 23 Menu Day 5	SATURDAY 14 Oct 23 Menu Day 6	SUNDAY 15 Oct 23 Menu Day 7
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ENTREES	LUNCH #1 Almond Crusted Cod #2 Simmered Beef #3 SW Sweet Potatoes Black Beans and Corn	LUNCH #1 Chili Mac #2 Basil Baked Fish #3 Teriyaki Chicken	LUNCH #1 Shrimp Kabob #2 Ginger BBQ chicken #3 Lemon Basil Pasta	LUNCH #1 Honey Mustard chicken #2 Ziti w/ Meat Sauce #3 Baked Fish	LUNCH #1 Polish Sausage #2 Baked Salmon #3 Hamburger Yakisoba	LUNCH #1 Santa Fe glazed Chicken #2 Baked Dijon Pork Chops #3 Beef Ball Stroganoff	LUNCH #1 Cheese Tortellini w/ Marinara #2 French Fried Shrimp #3 Bourbon Chicken
	DINNER #1 Spaghetti w/Turkey Meat Sauce #2 Baked Fish w/ Lemon Garlic butter #3 Steak Smothered in Onions	DINNER #1 Pork Roast Tenderloin #2 Baja Baked Cod #3 Pasta Provencal	DINNER #1 Marinated Tomatoes W/ Penne & Basil #2 Southern Fried Catfish #3 Sweet Chilli BBQ Meatballs	DINNER #1 Hot n' Spicy chicken #2 Pasta Toscano #3 Cantonese Spareribs	DINNER #1 Roast Beef #2 Shrimp Scampi #3 German chicken Schnitzel	DINNER #1 Salmon w Maple ginger Glazed #2 Stuffed Green Pepper w/ Turkey & Lentils #3 Pasta Primavera	DINNER #1 Beef Pot Pie #2 Lemon Baked Fish #3 Herbed baked Chicken

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

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



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	MONDAY 16 Oct 23 Menu Day 8	TUESDAY 17 Oct 23 Menu Day 9	WEDNESDAY 18 Oct 23 Menu Day 10	THURSDAY 19 Oct 23 Menu Day 11	FRIDAY 20 Oct 23 Menu Day 12	SATURDAY 21 Oct 23 Menu Day 13	SUNDAY 22 Oct 23 Menu Day 14
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ENTREES	LUNCH #1 Caribbean Catfish #2 Jerk Roast Turkey #3 Stuffed Green Pepper	LUNCH #1 Baked Fish #2 Meat Loaf #3 Baked Chicken	LUNCH #1 Lemon Basil Shrimp Pasta #2 Mambo Pork roast #3 Grilled Chicken w/ Mustard Sauce	LUNCH #1 Honey Ginger chicken #2 Grilled salmon w/ Citrus Butter #3 BBQ Brisket	LUNCH #1 Chicken Florentine #2 Italian Broccoli Pasta #3 Stuffed baked Pork chops	LUNCH #1 French Fried Shrimp #2 Hot and Spicy Chicken #3 Ziti w/ Meat sauce	LUNCH #1 Turkey Lentil Chili #2 Shrimp Jambalaya #3 Southern Fried Chicken
	DINNER #1 SW Sweet Potatoes, Black beans & Corn #2 Beef Szechwan #3 Chicken Breast Dijon	DINNER #1 Chicken Enchilada #2 Southwestern Fish #3 Beef Fajitas	DINNER #1 Grilled Steak #2 Roast Turkey #3 Mediterranean Salmon	DINNER #1 Crispy Oven Baked Chicken #2 Roast Beef #3 Parmesan Crusted Cod	DINNER #1 Greek Lemon Turkey Pasta #2 Savory Baked chicken #3 Oven Fried Fish	DINNER #1 Beef Stir Fry #2 Baked Stuffed Fish #3 Chicken Bulgogi	DINNER #1 Baked Dijon Pork Chops #2 Chili Mac #3 Lemon Pepper Catfish

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

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



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	MONDAY 23 Oct 23 Menu Day 15	TUESDAY 24 Oct 21 Menu Day 16	WEDNESDAY 25 Oct 22 Menu Day 17	THURSDAY 26 Oct 23 Menu Day 18	FRIDAY 27 Oct 23 Menu Day 19	SATURDAY 28 Oct 23 Menu Day 20	SUNDAY 29 Oct 23 Menu Day 21
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ENTREES	<p>LUNCH</p> <p>#1 Roast Beef #2 Chicken Cordon Bleu #3 Pasta Primavera</p> <p>DINNER</p> <p>#1 Turkey Nuggets #2 Beef and Corn Pie #3 Bourbon Chicken</p>	<p>LUNCH</p> <p>#1 Chicken Kebab #2 Pepper Steak #3 Tuna Noodles</p> <p>DINNER</p> <p>#1 Sweet & Spicy Orange salmon #2 Cheese Tortellini w/ Marinara #3 Steak Ranchero</p>	<p>LUNCH</p> <p>#1 Beef Brogul #2 Teriyaki Pork steak #3 Fish Onion- Lemon Baked</p> <p>DINNER</p> <p>#1 Almon Crusted cod #2 Hamburger Yakisoba #3 Cranberry Glazed Chicken</p>	<p>LUNCH</p> <p>#1 Turkey & Spinach Meatloaf #2 Marinated Tomatoes w/ Penne and Basil #3 Pineapple BBQ Meatballs</p> <p>DINNER</p> <p>#1 BBQ Beef Cubes #2 Chicken Enchilada #3 Baked Florentine Turkey Roulade</p>	<p>LUNCH</p> <p>#1 Tuna Noodles #2 Stuffed Green Pepper w/ turkey & Lentils #3 Swiss Steak w/ Gravy</p> <p>DINNER</p> <p>#1 Lasagna #2 Chicken Cacciatore #3 Italian Broccoli Pasta</p>	<p>LUNCH</p> <p>#1 Grilled Honey Sriracha Chicken #2 Stir Fried Garden Vegetables w/Marinated Tofu and Brown Rice #3 Shrimp Chop Suey</p> <p>DINNER</p> <p>#1 Jamaican Chicken #2 Braised Spareribs #3 Salisbury Grilled Salmon</p>	<p>LUNCH</p> <p>#1 Turkey A La King #2 Country Style Fried Steak #3 Fish w/ SW Salsa</p> <p>DINNER</p> <p>#1 Polynesian Fillet #2 Steak Smothered in Onion #3 Swedish Meatballs</p>
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STARCHES	<p>LUNCH</p> <p>#1 Mashed Potatoes #2 Steamed Rice</p> <p>DINNER</p> <p>#1 Long Grain & Wild Rice #2 Oven Browned Potatoes</p>	<p>LUNCH</p> <p>#1 Roasted Redskin Potatoes #2 Steamed Rice</p> <p>DINNER</p> <p>#1 Brown Rice #2 Cottage Fried Potatoes</p>	<p>LUNCH</p> <p>#1 Rice Pilaf #2 Baked Beans</p> <p>DINNER</p> <p>#1 Lyonnaise Potatoes #2 Steamed Rice</p>	<p>LUNCH</p> <p>#1 Islander Rice #2 O'Brien Potatoes</p> <p>DINNER</p> <p>#1 Baked Mac & Cheese #2 Steamed Rice</p>	<p>LUNCH</p> <p>#1 Simmered Pinto Beans #2 Brown Rice w/ Tomatoes</p> <p>DINNER</p> <p>#1 Harvest Blend Rice #2 Franconia Potatoes</p>	<p>LUNCH</p> <p>#1 Steamed Rice #2 Baked Potatoes</p> <p>DINNER</p> <p>#1 Baked Beans #2 Brown Rice</p>	<p>LUNCH</p> <p>#1 Spinach & Tomato Orzo #2 Parmesan Rice</p> <p>DINNER</p> <p>#1 Rissole Potatoes #2 Oriental Rice</p>
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VEGGIES	<p>LUNCH</p> <p>#1 Snow Peas #2 Cream Style Corn #3 Roasted Zucchini Squash w/ Tomatoes</p> <p>DINNER</p> <p>#1 Herbed Green Beans #2 Roasted Cauliflower #3 Grilled asparagus</p>	<p>LUNCH</p> <p>#1 Braised cabbage #2 Mexican Corn #3 Sauteed Mushroom & Onion</p> <p>DINNER</p> <p>#1 Peas & Carrots #2 Green Beans w/ Mushrooms #3 Summer Squash</p>	<p>LUNCH</p> <p>#1 savory Summer Squash #2 Broccoli Polonaise #3 Carrots</p> <p>DINNER</p> <p>#1 Hacienda Corn & Black Beans #2 Roasted Brussel Sprout #3 French Style Peas</p>	<p>LUNCH</p> <p>#1 Vegetable Medley #2 French Style Green Beans #3 Curried Cauliflower</p> <p>DINNER</p> <p>#1 Grilled asparagus #2 Black Eyed Peas #3 Broccoli Combo</p>	<p>LUNCH</p> <p>#1 Peas #2 Mediterranean Grilled Asparagus #3 Succotash</p> <p>DINNER</p> <p>#1 Scalloped Corn #2 Zucchini & Yellow Squash Gratin w/Parmesan & Fresh Thyme #3 Herbed Green Beans</p>	<p>LUNCH</p> <p>#1 Oriental Stir Fry Cabbage #2 Corn Combo #3 Fried Okra</p> <p>DINNER</p> <p>#1 Peas w/ Mushroom & Onion #2 Green Beans Sesame Glazed #3 Southern Style Collard Greens</p>	<p>LUNCH</p> <p>#1 Roasted Cauliflower #2 Snow Peas #3 Mixed Vegetables</p> <p>DINNER</p> <p>#1 Carrots #2 Cauliflower Combo #3 Roasted Zucchini Squash w/ Tomatoes</p>
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	MONDAY 30 Oct 23 Menu Day 22	TUESDAY 31 Oct 23 Menu Day 23	WEDNESDAY 01 Nov 23 Menu Day 24	THURSDAY 02 Nov 23 Menu Day 25	FRIDAY 03 Nov 23 Menu Day 26	SATURDAY 04 Nov 23 Menu Day 27	SUNDAY 05 Nov 23 Menu Day 28
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ENTREES	LUNCH #1 Oriental Pepper Steak #2 Chicken Parmesan #3 Baked Fish w/Lemon Garlic Butter	LUNCH #1 Basil Baked Fish #2 Turkey Breast Fillet #3 Pasta Provencal	LUNCH #1 Spicy Catfish Poboy #2 Grilled Pork Chops #3 Cajun Meatloaf	LUNCH #1 Baked Dijon Pork Chop #2 Spinach Lasagna #3 Baked Florentine Turkey Roulade	LUNCH #1 Roast Turkey #2 Cheese tortellini W/ Marinara #3 Stuffed Green Pepper	LUNCH #1 Baked chicken #2 Southwestern Shrimp Linguine #3 Beef Bulgogi	LUNCH #1 Creole Fish Fillets #2 Stir Fry Chicken w/ Broccoli #3 Teriyaki Steak
	DINNER #1 Pork Roast Tenderloin #2 Tuna Noodles #3 Savory Baked Chicken	DINNER #1 Baja Fish Taco #2 Baked Mexican Chicken #3 Beef Stir Fry	DINNER #1 Fish Onion-Lemon Baked #2 Simmered Beef #3 Cajun Chicken	DINNER #1 Baked Salmon #2 Pineapple BBQ Meatballs #3 Honey Mustard Chicken	DINNER #1 Turkey & Spinach Meatloaf #2 Parmesan Fish #3 Crispy Oven Baked Chicken	DINNER #1 Honey Ginger Chicken #2 Salisbury Steak #3 Cheese Manicotti	DINNER #1 Chicken A La King #2 Baked Fish #3 Pasta Primavera

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

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