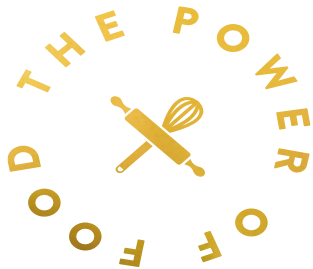




CULLMAN
REGIONAL



Weekly Menu

October 27 - November 02

Monday

Entrée: Country Fried Steak
with Country Gravy
Chicken & Dumplings
Side Items: Parmesan Potato Wedges
Honey Butter Carrots
Fried Okra
Braised Cabbage
Steamed Broccoli

Cornbread
Jalapeno Cornbread
Wheat Rolls
Dessert:
Apple Crisp
Soup:
Broccoli & Cheese

Tuesday & Okra

Entrée: Beef Pot Roast w/ Vegetables
Garlic Herb Roasted Pork Loin
Roast Pork Gravy
Side Items: Macaroni & Cheese
Black Eyed Peas
Okra & Tomatoes
Corn Souffle
Roasted Asparagus

Cornbread
Jalapeno Cornbread
Wheat Rolls
Dessert:
Pecan Cobbler
Soup:
Vegetable Beef

Wednesday

Entrée: Stuffed Bell Peppers
Rotisserie Chicken
Side Items: Butter Beans
Country Style Green Beans
Corn Fritters
Potato Salad
Broccoli Bacon Salad

Cornbread
Jalapeno Cornbread
Wheat Rolls
Dessert:
Peach Cobbler
Soup:
White Chicken Chili

Thursday Zen

Base: Brown Rice
Noodles
Protein: Roasted Chicken Teriyaki
General Tso's Chicken
Side Items: Pork & Vegetable Egg Roll
Hibachi Vegetables
Sesame Broccoli & Carrots
Steamed Green Beans

Toppings:
Cilantro
Peanuts
Toasted Sesame
Scallions
Jalapenos
Dessert:
Doughnuts
Soup:
Turnip Green Soup

Friday

Entrée: Fried Catfish
Beef Tips & Rice
Side Items: Baby Lima Beans
Broccolini
Broccoli & Rice Casserole
Roasted Brussels Sprouts
Cole Slaw

Cornbread
Jalapeno Cornbread
Wheat Rolls
Dessert:
Cherry Cobbler
Soup:
Loaded Potato

Saturday

Entrée: Hot Doas, Corn Doas
Barbecue, Chicken Tenders
Sides: French Fries, Slaw, Chili

Assorted Toppings
Condiments

Sunday

Entrée: Shrimp & Grits
Chicken Tenders
Side Items: Assorted Vegetables
French Fries

Cornbread
Jalapeno Cornbread
Wheat Rolls

Menu items are subject to change
Due to availability