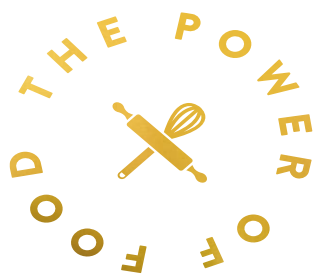


## October 28 - November 03



# Weekly Menu

### Monday

**Entrée:** Philly Cheesesteak Sandwich  
Provolone, peppers & onions  
Crispy Chicken Wings  
**Side Items:** Superfood Salad  
House Kettle Chips  
Red Skinned Potato Salad  
Mediterranean Pasta Salad  
Celery Sticks (free with wings)

Cornbread  
Jalapeno Cornbread  
Wheat Rolls  
**Assorted Sauces Available**

### Tuesday Verde Taco

**Base:** Crispy Shells or Flour Tortillas  
**Proteins:** Taco Beef  
Beef Barbacoa  
Fajita Spiced Chicken  
**Hot Toppings:** Refried Beans  
Black Beans  
Spanish Rice  
Yellow Rice

**Toppings:**  
Shredded Lettuce  
Salsa, Pico de Gallo  
Sour Cream  
Guacamole  
Cheddar Jack Cheese  
Jalapenos  
Salsa Verde

### Wednesday Zen

**Base:** Jasmine Rice  
Steamed Brown Rice  
**Proteins:** General Tso's Chicken  
Beef Pepper Steak  
**Side Items:** Spicy Cabbage  
Sesame Broccoli  
Roasted Zucchini  
Vegetable Egg Rolls

**Toppings:**  
Peanuts, Cilantro  
Jalapenos, Scallions  
Toasted Sesame Seeds  
Assorted Sauces  
**Dessert:**  
**Cinnamon Sugar Donut Holes**

### Thursday

**Entrée:** BBQ Chicken Quarters  
Swedish Meatballs  
with Egg Noodles  
**Side Items:** Steamed Baby Carrots  
Green Beans  
Black Eyed Peas  
Fried Okra  
Macaroni & Cheese

Cornbread  
Jalapeno Cornbread  
Wheat Rolls  
**Dessert:**  
**Peach Cobbler**

### Friday

**Entrée:** Fried Shrimp  
Beef Stew with Vegetables  
**Side Items:** Baked Sweet Potatoes  
Butter Beans  
Creamy Cole Slaw  
Turnip Greens  
Roasted Asparagus

Hush Puppies  
Cornbread  
Jalapeno Cornbread  
Wheat Rolls  
**Dessert:**  
**Apple Crisp**

### Saturday

**Entrée:** Hot Dogs, Corn Dogs  
BBQ, Chicken Tenders  
**Side Items:** French Fries  
Assorted Vegetables

Cornbread  
Jalapeno Cornbread  
Wheat Rolls

### Sunday

**Entrée:** Baked Spaghetti  
Chicken Tenders  
**Side Items:** French Fries  
Assorted Vegetables

Cornbread  
Jalapeno Cornbread  
Wheat Rolls

**Menu items are subject to change  
Due to availability**