

MENU SUBJECT TO CHANGE BASED ON ITEM AVAILABILITY

Week 1

DATE	Sep-28	Sep-29	Sep-30	Oct-01
	Sunday	Monday	Tuesday	Wednesday
	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
	Chinese Five-Spice Chicken	Beef and Noodles	Chicken Pot Pie	Chicken Stir Fry
	<u>Chili Macaroni</u>	Lemon Pepper Catfish	Salisbury Steak	Roast Pork
	<u>Steamed Rice</u>	Steamed Rice	Wild Rice	Fried Rice
	Baked Potato Halves	<u>Mashed Potatoes</u>	Steamed Fettuccine	Mashed Potatoes
	Savory Squash	Succotash	Broccoli Combo	Green Peas
	<u>Seasoned Green Beans</u>	<u>Sliced Carrots</u>	Fried Cabbage	Glazed Carrots
	Chicken Gravy	Mushroom Gravy	Brown Gravy	Giblet Gravy
	 <u>Dinner</u>	 <u>Dinner</u>	 <u>Dinner</u>	 <u>Dinner</u>
	Turkey Yakisoba	Chicken Fajitas	Roast Beef	Teriyaki Salmon
	<u>Baked Chicken and Gravy</u>	<u>Turkey A La King</u>	Spaghetti w/Meat sauce	Bombay Chicken
	<u>Steamed Rice</u>	<u>Buttered Egg Noodles</u>	Oven Brown Potatoes	Garlic Mashed Potatoes
	Boiled Spaghetti	Spanish Rice	Spaghetti Noodles	Steamed Rice
	<u>Buttered Corn</u>	Stir Fry Vegetables	Seasoned Corn	Green Beans
	Collard Greens	<u>Peas with Mushrooms</u>	Mustard Greens	Summer Squash
	Chicken Gravy	Chicken Gravy	Natural Pan Gravy	Chicken Gravy

DATE	Oct-02	Oct-03	Oct-04
	Thursday	Friday	Saturday
	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
	Roast Turkey	Chicken Vega	Baked Chicken
	Shrimp Scampi	<u>Baked Ziti w/ Sausage</u>	<u>Ground Turkey Yakisoba</u>
	Bread Dressing	<u>Parsley Buttered Potatoes</u>	Fried Potatoes
	Buttered Noodles	<u>Steamed Rice</u>	<u>Rice Pilaf</u>
	Stir Fry Vegetables	Mixed Vegetables	Cauliflower Combo
	Brussels Sprouts	Steamed Corn	<u>Black-Eye Peas</u>
	Turkey Gravy	<u>Chicken Gravy</u>	Chicken Gravy
	 <u>Dinner</u>	 <u>Dinner</u>	 <u>Dinner</u>
	Chicken Enchiladas (Scratch)	Chicken Jambalaya	<u>Baked Fish</u>
	Veal w/Mushroom Gravy	<u>Meatloaf</u>	Sweet and Sour Pork
	Spanish Rice	Steamed Rice	Steamed Rice
	Refried Beans	<u>Mashed Potatoes</u>	<u>Mashed Potatoes</u>
	Seasoned Broccoli	<u>Cauliflower</u>	<u>Herbed Broccoli</u>
	Peas & Carrots	Collard Greens	Summer Squash
	Brown Gravy	Brown Gravy	Brown Gravy

Week 2

	Oct-05	Oct-06	Oct-07	Oct-08
DATE	Sunday	Monday	Tuesday	Wednesday
	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
	Barbeque Spareribs	<u>Braised Pork Chops</u>	Bayou Chicken	Parmesan Fish
	<u>Chicken w/Gravy</u>	Lasagna	Shrimp Chop Suey	Turkey Yakisoba
	<u>Egg Noodles</u>	Fried Potatoes	Baked Potatoes	Steamed Rice
	Steamed Rice	<u>Steamed Rice</u>	Steamed Rice	Parsley Buttered Potatoes
	<u>Buttered Corn</u>	<u>Mustard Greens</u>	Brussels Sprouts	Steamed Broccoli
	Fried Cabbage	Cream Style Corn	Mixed Vegetables	Steamed Carrots
	Chicken Gravy	Brown Gravy	Chicken Gravy	Brown Gravy
	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
	<u>Polish Sausage w/Peppers & Onions</u>	Chili Macaroni	Salisbury Steak	Pepper Steak
	Roast Turkey	<u>Chicken Adobo</u>	Roast Turkey	Fried Chicken
	<u>Mashed Potatoes</u>	Egg Noodles	Bread Dressing	Steamed Rice
	Steamed Rice	<u>Mashed Potatoes</u>	Mashed Potatoes	Quick Baked Potatoes
	<u>Brussels Sprouts</u>	Green Beans	LA Squash	Corn Combo
	Stir Fry Vegetables	<u>Corn O'Brien</u>	Peas with Onions	Black-Eyed Peas
	Turkey Gravy	Chicken Gravy	Turkey Gravy	Chicken Gravy

	Oct-09	Oct-10	Oct-11
DATE	Thursday	Friday	Saturday
	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
	Roast Pork	Oven Fried Fish	<u>Creole Macaroni</u>
	Pineapple Chicken	<u>Spaghetti w/ Meat Sauce</u>	Baked Battered Fish
	Fried Rice	<u>Pasta</u>	<u>Steamed Rice</u>
	Baked Sweet Potatoes	Mashed Potatoes	Mashed Potatoes
	Herbed Green Beans	Corn on the Cob	<u>Seasoned Carrot</u>
	Corn O'Brien	<u>Collard Greens</u>	Stir Fry Vegetables
	Chicken Gravy	Gravy	Chicken Gravy
	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
	Grilled Ham Steaks	<u>Pineapple Chicken</u>	<u>Herbed Baked Chicken</u>
	Baked Chicken And Noodles	Italian Meatballs	Veal Steaks
	Steamed Rice	Fried Rice	Steamed Rice
	Paprika Potatoes	<u>Mashed Potatoes</u>	<u>Mashed Potatoes</u>
	Peas and Carrots	Steamed Broccoli	Seasoned Green Beans
	Savory Squash	<u>Cream Style Corn</u>	<u>Buttered Peas & Carrots</u>
	Giblet Gravy	Brown Gravy	Chicken Gravy

Week 3

DATE	Oct-12	Oct-13	Oct-14	Oct-15
	Sunday	Monday	Tuesday	Wednesday
	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
	Swedish Meatballs	Beef Stew	Beef Sukiyaki	Barbeque Spareribs
	Roast Turkey	Chinese 5 Spice Chicken Breast	Honey Glazed Chicken	Turkey ala King
	Bread Dressing	Mashed Potatoes	Mashed Potatoes	Baked Potato Halves
	<u>Buttered Noodles</u>	<u>Steamed Rice</u>	Steamed Rice	Noodles Jefferson
	<u>Mixed Vegetables</u>	<u>Herbed Green Beans</u>	Seasoned Corn	Collard Greens
	Savory Squash	Cauliflower Polonaise	Seasoned Broccoli	Corn on the Cob
	Giblet Gravy	Brown Gravy	Chicken Gravy	Brown Gravy
	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
	Beef and Noodles	Turkey Loaf	Shrimp Scampi	Yankee Pot Roast
	<u>Baked Fish</u>	<u>Baked Chicken</u>	Salisbury Steak	Pork Chop w/Mushrooms
	Parsley Buttered Potatoes	<u>Buttered Egg Noodles</u>	Buttered Noodles	Cottage Fried Potatoes
	<u>Steamed Rice</u>	Steamed Rice	Steamed Rice	Steamed Rice
	<u>Seasoned Corn</u>	Fried Cabbage	Green Beans	Seasoned Corn
	Brussels Sprouts	<u>Peas with Onions</u>	Glazed Carrots	Seasoned Peas
	Brown Gravy	Brown Gravy	Brown Gravy	Mushroom Gravy

DATE	Oct-16	Oct-17	Oct-18
	Thursday	Friday	Saturday
	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
	Spaghetti w/Meat Sauce	Turkey Porcupiones	Baked Fish
	Sweet & Sour Chicken	<u>Teriyaki Salmon</u>	<u>Jaegerschnitzel</u>
	Spaghetti Noodles	<u>Steamed Rice</u>	Baked Potato
	Fried Rice	Oven Brown Potatoes	<u>Fried Rice</u>
	Herbed Broccoli	Green Beans	Lima Beans
	Steamed Carrots	<u>Peas & Carrots</u>	<u>Carrots</u>
	Chicken Gravy	Gravy	Brown Gravy
	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
	Buffalo Chicken Breast	Lasagna	<u>Grilled Pork Chops</u>
	Baked Battered Fish	<u>Honey Ginger Chicken</u>	Turkey Ala King
	Mashed Potatoes	O'Brien Potatoes	Steamed Rice
	Buttered Egg Noodles	<u>Brown Rice</u>	<u>Mashed Potatoes</u>
	Lima Beans	Mustard Greens	<u>Seasoned Corn</u>
	Cauliflower	<u>Mixed Vegetables</u>	Steamed Broccoli
	Chicken Gravy	Chicken Gravy	Brown Gravy

Week 4

DATE	Oct-19	Oct-20	Oct-21	Oct-22
	Sunday	Monday	Tuesday	Wednesday
	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
	<u>Grilled Italian Sausage w/Peppers</u>	Chili Macaroni	Chicken Adobo	Roast Beef
	Southern Fried Chicken	<u>Chicken and Gravy</u>	Mongolian Stir Fry	Chicken Pot Pie
	Mashed Potatoes	<u>Mashed Potatoes</u>	Mashed Potatoes	Steamed Rice
	<u>Steamed Egg Noodles</u>	Steamed Rice	Fried Rice	Mashed Potatoes
	Calico Cabbage	<u>Corn Combo</u>	Brussels Sprout Parmesan	Seasoned Green Beans
	<u>Green Beans</u>	Club Spinach	Glazed Carrots	Mixed Vegetables
	Chicken Gravy	Mushroom Gravy	Chicken Gravy	Natural Pan Gravy
	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
	Baked Ham Steaks	Pork Adobo	Cajun Baked Fish	Sweet and Sour Pork Chops
	<u>Beef Stew</u>	<u>Roasted Turkey</u>	Grilled Polish Sausage	Herbed Baked Chicken
	<u>Steamed Rice</u>	Steamed Noodles	Buttered Egg Noodles	Rice Pilaf
	Baked Sweet Potatoes	<u>Steamed Rice</u>	Franconia Potatoes	Baked Potatoes
	Succotash	Green Beans	Seasoned Succotash	LA Style Squash
	<u>Seasoned Peas</u>	<u>Corn on the Cob</u>	Steamed Broccoli	Seasoned Collard Greens
	Brown Gravy	Brown Gravy	Brown Gravy	Chicken Gravy

Retiree Appreciation

DATE	Oct-23	Oct-24	Oct-25
	Thursday	Friday	Saturday
	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
	Orange Chicken	Porterhouse Steak	Teriyaki Chicken
	Turkey Loaf	<u>Steamed Lobster</u>	<u>Spaghetti with Meat Sauce</u>
	Steamed Pasta Noodles	<u>Rice Pilaf</u>	<u>Spaghetti Noodles</u>
	Parsley Potatoes	Baked Potatoes	Rice Pilaf
	Buttered Carrots	Steamed Asparagus	Buttered Peas
	Broccoli Parmesan	<u>Corn on the Cob</u>	<u>Seasoned Carrots</u>
	Brown Gravy	Gravy	Chicken Gravy
	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
	Ginger Pot Roast	<u>Barbeque Beef Cubes</u>	Turkey Loaf
	Baked Ham, Mac & Tomato	Chicken Nuggets	<u>Pineapple Chicken</u>
	Steamed Rice	<u>Steamed Pasta Noodles</u>	Steamed Rice
	O'Brien Potatoes	Paprika Potatoes	<u>Mashed Potatoes</u>
	Seasoned Corn	Mustard Greens	Seasoned Spinach
	Green Beans Nicoise	<u>Cauliflower</u>	<u>Mixed Vegetables</u>
	Brown Gravy	Brown Gravy	Brown Gravy