

Week 3 Menu

September 30th – October 6th

MONDAY 9/30

Beef & Barley Stew
Broccoli Bacon Salad △⊙
Rosemary Potatoes
BBQ Chicken Thigh
Honey BBQ Sauce
Creamed Corn △
Baked Potatoes
Sirloin Steak
Sautéed Mushrooms
Collard Greens
BBQ Grilled Shrimp ↻

TUESDAY 10/1

Beef & Barley Stew
Broccoli Bacon Salad △⊙
Scalloped Potatoes △
Kielbasa & Cabbage
Lima Beans △
Fettuccine Pasta ‡⊙
Chicken Florentine △
Parmesan Asparagus △
Fried Cheese Ravioli ‡△OV
Marinara
Garlic Bread ‡△

WEDNESDAY 10/2

Beef & Barley Stew
Brussels Slaw ⊙
Jasmine Rice △
Garlic Sesame Beef Tips ‡
Steam Broccoli & Coin Carrot △
Lemon Butter Angel Hair △
Lemon Butter Salmon △△
Capri, Squash, Carrot, Green Beans
Fresh Vegetable Fried Rice ‡
Fresh Kung Pao Chicken ‡⊙

THURSDAY 10/3

Southwestern Corn Chowder △
Brussels Slaw ⊙
Red Skin Mash △
Beef Liver & Onions
Onion Gravy
Grilled Zucchini Wedges △
Fiesta Lime Rice, Corn, Beans
Chicken Flautas
Tortilla Chips
Queso Cheese △
Pork Tamales

FRIDAY 10/4

Southwestern Corn Chowder △
Creamy Grape & Walnut Salad ⊙△⊙
Vegetable Cous Cous ‡
Chicken Piccata ‡
Pacific Broccoli, Carrots, Sugar Snap
Whipped Potatoes △
Beef Stuffed Cabbage Rolls ⊙
Country Green Beans
Crab Cakes ‡↻⊙
Carving: Roasted Pork Loin

SATURDAY 10/5

Southwestern Corn Chowder △
Creamy Grape & Walnut Salad ⊙△⊙
Au Gratin Potatoes △
Chicken Cordon Bleu- Hollandaise ‡△⊙
Nooch Cauliflower △
Roasted Yukon Potatoes
Sautéed Clams in Linguini ‡↻⊙
Tuscan Cheese Manicotti ‡△OV
Carrots, Green & Yellow Beans △
Sesame Bread ‡

SUNDAY 10/6

Soup of the Day
Shaved Broccoli & Carrot Slaw △
Whipped Potatoes △
White Peppered Gravy △
Hot Honey Fried Chicken ‡
Green Bean Almondine ⊙△
Baked Haddock Fish △
Steamed Broccoli △
Rosemary Pork Tenderloin
Bacon & Sausage
Vegetable Frittata △OV
Carving: Roast Beef



Gluten

Shellfish

Tree Nuts

Dairy

Egg

Medit

Vegetarian