


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Dixie Baked Half Chicken Mashed Potatoes Country Gravy Cut Green Beans Pork Chops Masala Wild Rice Veggie Chicken Soup Hamburger Bar	<b>Check Out Our</b>  <b>New Heart Healthy</b> ♥♥♥ <b>Entrees</b>		<b>Cafeteria Hours</b> <b>Breakfast</b> 6:00am – 10:00am  <b>Lunch &amp; Dinner</b> 11:00 am – 6:30pm  <b>Night Shift</b> 6:30pm – 1:30 am		<b>Wellness Meal</b> Grilled Chicken Sandwich Or Fused Burger w/ Lettuce & Tomato, Salad w/ Balsamic Vinegar, Fresh Fruit & 1% Milk	1 Carved Tri Tip Beef Red Skin Mashed Potatoes Fresh Asparagus Chicken w/ Mozzarella & Marinara Rotelle Pasta Pork Barley Soup Oriental Bar
2 3 Piece Fried Chicken Mashed Potatoes / Country Gravy Mixed Veggies Swedish Meat Balls Jasmine Rice Mexican Chicken Soup Hamburger Bar	3 <b>Labor Day</b> Dixie Baked Half Chicken Mashed Potatoes / Country Gravy Mixed Vegetables Austin Blues Smoked Beef Brisket Au Gratin Potatoes Tomato Florentine Soup Taco & Chicken Fajita Bar	4 Coffee Marinated Short Ribs Red Skin Mashed Potatoes Beef Gravy / Cut Green Beans Tortilla Lime Chicken Saffron Cilantro Rice ♥Spicy Cornmeal Cod Split Pea & Ham Soup Chicken Breast Bar	5 Oriental Baby Back Ribs ♥Orange Island Chicken ♥Mandarin Mahi-Mahi Vegetable Egg Rolls Sweet & Sour Sauce / Fried Rice Sugar Snap Peas Pizza Chicken Rice Soup Shrimp Cocktail Bar	6 Chicken Stuffed w/ Asparagus & Prosciutto & Cream Sauce Rice Pilaf/Organic California Veggie Pork Chops w/ Portobello Mushrooms Mashed Potatoes / Pork Gravy ♥Oven Browned Orange Roughy Corn-On –The-Cod	7 ♥Salmon Neptune Garden Wild Rice Fresh Broccoli <b>New ♥Chicken Parmesan, Veggies</b> & Spaghetti Beef Tips w/ Bell Pepper Mashed Potatoes / Beef Gravy Italian Sausage Soup Chicken Osso Bucco Bar	8 Spaghetti & Meat Or Marinara Sauce Garlic Bread Italian Veggies ♥Masala Chicken Jasmine Rice Pizza Chicken Barley Soup Oriental Bar
9 ♥Roast Turkey Mashed Potatoes Bread Dressing Turkey Gravy Cut Green Beans ♥Oven Browned Cod Wild Rice Chicken Noodle Soup Hamburger Bar	10 Glazed Corned Beef Roasted Red Potatoes Steamed Cabbage ♥Lemon Herb Chicken Wild Rice Carrot Slims ♥Trout w/ Wild Mushrooms Veggies & Chicken Sop Taco & Chicken Fajita Bar	11 <b>Surf &amp; Turf Special</b> Carved Filet Mignon Au Jus / Horseradish Twice Baked Potatoes Fresh Asparagus Shrimp w/ Wine Sauce ♥Chicken Picante / Rice Pilaf Pork Barley Soup Chicken Breast Bar	12 Homemade Lasagna Meat Sauce Garlic Bread Italian Veggies <b>New ♥Basil, Lemon</b> <b>Chicken Breast</b> Couscous Chipotle Lime Tilapia Pizza Lentil & Kielbasa Stew	13 Chicken Enchiladas Tamales w/ Chili Chili Rellenos & Spanish Sauce Chicken Taquitos Spanish Rice / Frijoles Mixed Veggies Corn-On-The-cod Minestrone Soup Chili & Cornbread Bar	14 ♥Maple Glazed Salmon w/ Pineapple Salsa Rice Pilaf / Fresh Zucchini Maury's Albondigas ♥Pork Tenderloin w/ Lemon, Thyme, Garlic ♥Sunset Chicken Clam Chowder Soup Chicken Osso Bucco Bar	15 Chicken Cordon Bleu & Supreme Sauce Rice Pilaf Fresh Broccoli ♥Salmon Cucumber Dill Sauce Chicken Tortilla Soup Oriental Bar
16 Huli-Huli Baby Back Ribs Au Gratin Potatoes Fresh Asparagus ♥Lemon Herb Chicken Wild Rice Pizza Steak & Vegetable Soup Hamburger Bar	17 <b>Surf &amp; Turf Special</b> Angus Ribeye Steak w/ Mushroom & Onions Scalloped Potatoes / Fresh Broccoli Crab Cakes & Red Pepper Aioli Garden Wild Rice ♥Chicken Cacciatore Beef Barley Soup	18 Carved Ham Dijon Sauce Fresh Yams Whole Green Beans ♥Greek Style Chicken Rice Pilaf ♥Oven Browned Cod Ham & Lima Bean Soup Chicken Breast Bar	19 <b>New ♥ Salmon w/ Black Bean</b> <b>Succotash / Rice Pilaf</b> Fresh Asparagus Cheese Manicotti Marinara & Garlic Bread Chicken California & Supreme Sauce / Pizza Chicken Noodle Soup Shrimp & Cocktail Bar	20 Carved Tri-Tip Beef Red Skin Mashed Potatoes Organic California Veggies Chicken w/ Marinara & Mozzarella Bow Tie Pasta ♥Tilapia Topped w/ Spinach & Cheese Corn-On-The-Cod Sausage Lentil Soup Chili & Cornbread Bar	21 Macadamia Halibut Wild Rice Cut Green Beans Beef Stroganoff Rotelle Pasta ♥Chicken w/ Masala, Sage, Creminis Corn / Mauri's Posole Chicken Osso Bucco	22 <b>Surf &amp; Turf Special</b> Carved Filet Mignon Au Jus / Horseradish Roasted Herb Potatoes Fresh Asparagus Shrimp Scampi Rice Pilaf Beef Barley Soup Oriental Bar
23 Beef Short Ribs Mashed Potatoes Beef Gravy California Veggies Ranch Style Chicken Garden Wild Rice Chicken Noodle Soup Hamburger Bar	24 Baked Meat Loaf Mashed Potatoes Beef Gravy Whole Green Beans <b>New ♥Chicken Quarter Marbella</b> Brown Rice ♥Oven Browned Red Snapper Vegetable Soup Taco & Chicken Fajita Bar	25 Spaghetti & Meat Or Marinara Sauce Garlic Bread Italian Veggies ♥Chicken Spinach & Feta Rice Pilaf Parmesan Crusted Tilapia Mexican Chicken Soup Chicken Breast Bar	26 ♥Roasted Turkey Mashed Potatoes Bread Dressing / Turkey gravy California Veggies Swedish Meatballs ♥Oven Browned Sea Bass Jasmine Rice / Pizza Turkey Rice Soup Shrimp & Cocktail Bar	27 <b>Surf &amp; Turf Special</b> Carved Prime Rib Au Jus / Fingerling Potatoes Fresh Asparagus / Jasmine Rice Shrimp w/ Chipotle Cream Sauce ♥Chicken w/ Avocado Corn Salsa Corn-On-The-Cod Chicken Tortilla Soup Chili & Corn Bread Bar	28 ♥Salmon w/ Mango Papaya Salsa Rice Pilaf Fresh Broccoli Chilled Flank Steak Au Gratin Potatoes ♥Chicken w/ Artichoke Bacon & Chicken Chowder Chicken Osso Bucco Bar	29 Chicken Enchiladas Tamales w/ Chili Chicken Taquitos Spanish Rice Refried Beans Mixed Veggies Chicken Rice Soup Oriental Bar

