

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Cafeteria Hours</u> Breakfast 6:00am – 10:00am</p> <p>Lunch &amp; Dinner 11:00 am – 630pm</p> <p>Night Shift 6:30pm – 1:30 am</p>	<p><b>1</b></p> <p>Buttermilk Baked Half Chicken Mashed Potatoes &amp; Gravy Cut Green Beans Cheese Stuffed Shells Marinara / Garlic Bread ♥Lemon Herb Trout Jasmine Rice / Corn Split Pea &amp; Ham Soup Taco, Chicken Fajita Bar</p>	<p><b>2</b></p> <p>Beef Short Ribs Red Skin Mashed Potatoes Beef Gravy Carrot Slims / Peas Southwestern Style Chicken Garden Wild Rice ♥Oven Browned Tilapia Steak &amp; Veggies Soup Hot Dog Chicken Brat Bar</p>	<p><b>3</b></p> <p>Thai Pasta &amp; Chicken Soy Marinated Flank Steak ♥Japanese Grilled Salmon Vegetable Egg Rolls Sweet &amp; Sour Sauce Fried Rice Oriental Veggies / Pizza Italian Sausage Soup Shrimp Cocktail Bar</p>	<p><b>4</b></p> <p>Chicken Cordon Blue Supreme Sauce Rice Pilaf Fresh Broccoli Dixie Baked Pork Chops Mashed Potatoes / Pork Gravy ♥Oven Browned Mahi-Mahi Tomato Florentine Soup Italian Pasta Bar</p>	<p><b>5</b></p> <p>Seafood Platter- Shrimp, Cod, Calamari Steak Fries / Coleslaw Austin Blues Smoked Beef Brisket Mashed Potatoes Beef Gravy Whole Green Beans Ham &amp; Lima Bean Soup Oriental Bar</p>	<p><b>6</b></p> <p>3 Piece Fried Chicken Mashed Potatoes Country Gravy Cut Green Beans Rice Pilaf Mexica chicken Soup Barbeque Bar</p>
<p><b>7</b></p> <p>Spaghetti &amp; Meat Or Marinara Sauce Garlic Bread Italian Veggies ♥Lemon Herb Chicken Wild Rice Pork Barley Soup Hamburger Bar</p>	<p><b>8</b></p> <p><u>Surf &amp; Turf Special</u> Carved Filet Mignon Roasted Herb Potatoes Fresh Asparagus Tempura Shrimp ♥Chicken Masala w/ Sage &amp; Creminis Chicken Noodle Soup Taco, Chicken Fajita Bar</p>	<p><b>9</b></p> <p>Carved Pork Roast Mashed Potatoes / Pork Gravy Mixed Veggies Ranch Style Chicken Breas Rice Pilaf ♥Spicy Cornmeal Cod Beef Barley Soup Hot Dog Chicken Brat</p>	<p><b>10</b></p> <p>Huli – Huli St Louis Smoked Pork Ribs Twice Baked Potatoes Organic California Veggies ♥Chicken with Spinach Garden Wild Rice Garlic Herb Tilapia Vegetable Soup Shrimp Cocktail Bar / Pizza</p>	<p><b>11</b></p> <p>♥Beef Brisket w/ Pearl Onion &amp; Carrots Mashed Potatoes &amp; Gravy Fresh Broccoli ♥Chicken Parmesan Veggies, Wheat Spaghetti ♥Orange Roughy Fish Lentil Kielbasa Stew Italian Past Bar</p>	<p><b>12</b></p> <p>♥Salmon Seattle Rice Pilaf Fresh Zucchini ♥Italian Style Pork tenderloin Mashed Potatoes / Pork Gravy ♥Mustard &amp; Thyme Grilled Chicken Bacon Chicken Chowder Oriental Bar</p>	<p><b>13</b></p> <p>Beef Stroganoff Rotelle Pasta Fresh Asparagus ♥Chicken w/ Marinara &amp; Mozzarella Wild Rice Pizza Steak Veggie Soup Barbeque Bar</p>
<p><b>14</b></p> <p>Oriental Baby Back Ribs ♥Lemon Teriyaki Chicken Veggie Egg Rolls Sweet Sour Sauce Fried Rice Oriental Veggies Chicken Rice Soup Hamburger bar</p>	<p><b>15</b></p> <p>Eye Of Round Beef Mashed Potatoes / Beef Gravy Carrot Slims / Peas ♥Lemon Herb Chicken Wild Rice ♥Oven Browned Red Snapper Pork &amp; Barley Soup Taco, Chicken Fajita Bar</p>	<p><b>16</b></p> <p><u>Surf &amp; Turf Special</u> Angus Ribeye Steaks Mushroom &amp; Onions Scalloped Potatoes Fresh Broccoli / Rice Pilaf Shrimp Scampi ♥Chicken Veracruz Veggie Chicken Soup Hot Dog Chicken Brat</p>	<p><b>17</b></p> <p>♥Salmon w/ Fettucine Alfredo Fresh Asparagus Sweet Sour Pork Jasmine Rice ♥Chicken w/ Mushrooms &amp; Balsamic Vinegar Pizza Peas Minestrone Soup Shrimp Cocktail Bar</p>	<p><b>18</b></p> <p><u>The Carving Station</u> Marinated Skirt Steak, Turkey, Ham, Glazed Corned Beef Potato Medley / Pickle Spear Ciabatta , Whole Wheat Bun ♥Halibut w/ Pine Nuts &amp; Parmesan Mexican Chicken Soup Italian Pasta Bar</p>	<p><b>19</b></p> <p>Tilapia Fish Tacos Spanish Rice Maury's Frijoles Maury's Albondigas ♥Chicken w/ Chipotle Adobo Mixed Veggies Clam Chowder Soup Oriental Bar</p>	<p><b>20</b></p> <p><u>Surf &amp; Turf Special</u> Carved Prime Rib Scalloped Potatoes Fresh Broccoli Crab Cakes &amp; Red Pepper Aioli Garden Wild Rice Chicken Noodle Soup Barbeque Bar</p>
<p><b>21</b></p> <p>Beef Short Ribs w/ Mushroom &amp; Onions Red Skin Mashed Potatoes Beef gravy Organic California Veggies Ranch Style Chicken Breast Rice Pilaf / Pizza Chicken Barley Soup Hamburger Bar</p>	<p><b>22</b></p> <p>♥Roast Turkey Mashed Potatoes Bread Dressing / Turkey Gravy Cut Green Beans Chipotle Short Ribs Beef gravy ♥Oven Browned Sea Bass Turkey Noodle Soup Taco, Chicken Fajita Bar</p>	<p><b>23</b></p> <p>Carved Tri-Tip Beef Mashed Potatoes / Beef Gravy Italian Veggies Egg Plant Parmesan Marinara / Garlic Bread ♥Trout w/ Lime Vinaigrette Salsa Chicken Rice Soup Hot Dog Chicken Brat</p>	<p><b>24</b></p> <p>Chicken Stuffed w/ Spinach &amp; Cheese Rice Pilaf / Fresh Broccoli Masala Pork Chops Mashed Potatoes / Pork Gravy ♥Vegetarian Linguine Primavera Pizza / Veggie Beef Soup Shrimp Cocktail Bar</p>	<p><b>25</b></p> <p><u>Surf &amp; Turf Special</u> Carved Prime Rib Fingerling Potatoes Fresh Asparagus Santa Fe Scallops Wild Rice ♥Turkey Breast Forester Mediterranean Veggie Soup Italian Pasta Bar</p>	<p><b>26</b></p> <p>♥Salmon w/ Chipotle Cream Sauce Jasmine Rice Whole Green Beans ♥Chipotle Pork Tenderloin Mashed Potatoes / Pork Gravy ♥Garlic Baked Chicken Breast Maury's Posole Oriental Bar</p>	<p><b>27</b></p> <p>Dixie Baked Half Chicken Mashed Potatoes Country Gravy Mixed Veggies Swedish Meatballs Jasmine Rice Beef Barley Soup Barbeque Bar</p>
<p><b>28</b></p> <p>Carved Tri-Tip Beef Mashed Potatoes Beef Gravy Whole Green Beans ♥Southwestern Style Chicken Rice Pilaf Chicken Tortilla Soup Hamburger Bar</p>	<p><b>29</b></p> <p>Molasses Flank Steak Au Gratin Potatoes California Veggies / Peas Mexican Oven Baked Half Chicken Mashed Potatoes ♥Oven Browned Tilapia Ham &amp; Potato Chowder Taco &amp; Chicken Fajita Bar</p>	<p><b>30</b></p> <p>Spaghetti w/ Meat Or Marinara Sauce Garlic Bread Italian Veggies ♥Chicken Parmesan Wild Rice Pecan Crusted Tilapia Picadillo Beef Soup Hot Dog Brat bar</p>	<p><b>31</b></p> <p><u>Halloween</u> 3 Piece Fried Chicken Mashed Potatoes &amp; Gravy Mixed Veggies Swedish Meatballs Jasmine Rice / Pizza ♥Grilled Baja Mahi-Mahi Chicken Tortilla Soup Shrimp Cocktail Bar</p>		<p><u>Wellness Meal</u></p> <p>Grilled Chicken Sandwich Or Fuse Burger w/ Lettuce &amp; Tomato, Salad w/ Balsamic Vinegar, Fresh Fruit &amp; 1% Milk</p>	<p>♥♥♥ Heart Healthy Entrees</p>

