



# OCTOBER

## Dinner Menu 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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		<b>1</b> Fish Onion-Lemon Baked Cajun Chicken Dirty Rice Roasted Pepper Potato Carrots on the Griddle Okra Mèlange Peas	<b>2</b> Baked Salmon Honey Mustard Chicken Crispy Potato Wedges Steamed Rice Japanese Stir Fry Vegetables Mixed Vegetables	<b>3</b> BBQ Beef Cubes Cajun Baked Fish Brown Rice Oven Browned Potatoes Peas and Carrots Green Beans	<b>4</b> Chicken ala King Grilled Pork Chops Sweet Potatoes Southern Style Boston Baked Beans Hacienda Green Beans Corn & Collard Greens	<b>5</b> Caribbean Chicken Breast Pork Chop Parmesan Crusted Steamed Brown Rice Buttered Egg Noodle Brussel Sprouts Peas and Carrots Green Beans
<b>6</b> Spaghetti w/Turkey Meat Sauce Baked Fish w/ Garlic Butter Long Grain & Wild Rice Buttered Parsley Potatoes Succotash Cauliflower Parmesan Green Collard	<b>7</b> Baja Baked Cod Chicken Parmesan Scalloped Potatoes Steamed Rice Broccoli Combo Corn Calico Garlic Sauteed Spinach	<b>8</b> Southern Fried Catfish Sweet Chili BBQ Meatballs Brown Rice Potatoes and Herbs Curried Cauliflower Stewed Tomatoes Grilled Asparagus	<b>9</b> Hot and Spicy Chicken Pasta Toscano Crispy Potato Wedges Brown Rice Okra Mèlange Green Beans w/Mushrooms Cream Style Corn	<b>10</b> Tuna Noodles German Chicken Schnitzel Baked Potato Halves Steamed Rice Corn on the Cob Glazed Carrots Cauliflower Parmesan	<b>11</b> Fish Onion Lemon Baked Steak Grilled Pasta Primavera Garlic Mashed Potatoes Rice Steamed Garlic Sauteed Spinach Mixed Vegetables	<b>12</b> Lemon Baked Fish Herbed Baked Chicken Baked Sweet Potato Steamed Rice Cream Style Corn Broccoli Combo Olive-Oil Braised Carrots w/Warm Spices
<b>13</b> Beef Stew Chicken Breast Dijon Rice Pilaf Roasted Pepper Potatoes Asparagus Cauliflower Cream Style Corn	<b>14</b> Southwestern Fish Chicken Baked Herbed Steamed Rice Mashed Potatoes Peas Mexican Corn Spinach	<b>15</b> Grilled Steak Mediterranean Salmon Roasted Pepper Potatoes Brown Rice Braised Cabbage Green Beans Cauliflower Combo	<b>16</b> Crispy Oven Baked Chicken Parmesan Crusted Cod Steamed Rice Baked Sweet Potato Fried Okra Carrots Corn Combo	<b>17</b> Savory Baked Chicken Oven Fried Fish Brown Rice w/Vegetable Sicilian Mashed Potatoes Garlic Sauteed Spinach Mixed Vegetables	<b>18</b> Beef Stir Fry Baked Stuffed Fish Chicken Bulgogi Dirty Rice Lyonnaise Potatoes Japanese Stir Fry Vegetables Glazed Carrots	<b>19</b> Chili Mac Lemon Pepper Catfish Simmered Pinto Beans Hopping John Rice Roasted Cauliflower Corn Broccoli
<b>20</b> Cheese Manicotti Fish Onion-Lemon Baked Baked Beans Steamed Rice Herbed Green Beans Vegetables, Mix Carrots	<b>21</b> Pepper Steak Tuna Noodles Steamed Rice Instant Mashed Potatoes Braised Cabbage Mexican Corn Sauteed Mushrooms and Onions	<b>22</b> Baja Baked Cod Cranberry Glazed Chicken Lyonnaise Potatoes Steamed Rice Roasted Brussel Sprouts Hacienda Corn and Black Beans French Style Peas	<b>23</b> Parmesan Cod BBQ Beef Cubes Baked Mac and Cheese Steamed Rice Grilled Asparagus Black Eyed Peas Broccoli Combo	<b>24</b> Lasagna Italian Broccoli Pasta Harvest Blend Rice Franconia Potatoes Scalloped Corn Herbed Green Beans Roasted Butternut Squash	<b>25</b> Jamaican Chicken Braised Spareribs Salisbury Grilled Salmon Baked Beans Brown Rice Pea's w/ Mushrooms and Onions Green Bean Sesame Glaze Corn on The Cob	<b>26</b> Oven Fried Fish Steak Smothered in Onions Rissolle Potatoes Oriental Rice Carrots Broccoli Cauliflower Combo
<b>27</b> Tuna Noodles Savory Baked Chicken Long Grain & Wild Rice Glazed Sweet Potatoes Stewed Tomatoes Broccoli Polonaise Corn	<b>28</b> Baked Fish w/Lemon Garlic Butter Baked Mexican Chicken Steamed Rice Hacienda Potatoes Corn Combo Roasted Butternut Squash Mixed Vegetables	<b>29</b> Braised Beef Noodles Grilled Pork Chops Red Beans & Rice Crispy Potato Wedges Corn on the Cob Broccoli Pea's w/ Onions	<b>30</b> Baked Salmon Honey Mustard Chicken Crispy Potato Wedges Steamed Rice Japanese Stir Fry Vegetables Mixed Vegetables Sauteed Mushroom and onions Brown Gravy	<b>31</b> BBQ Beef Cubes Cajun Baked Fish Brown Rice Oven Browned Potatoes Peas and Carrots Green Beans	<p><b>*Menu is subject to change according to availability of menu</b></p>	