



OCTOBER



Lunch Menu 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Braised Beef Noodles Grilled Pork Chops Red Beans & Rice Crispy Potatoes Wedges Corn on the Cob Pea's w/ Onions	2 Baked Dijon Pork Chicken Baked Italian Style Baked Beans Barley Pilaf Sauteed Collard Greens Cauliflower Combo	3 Lemon Basil Pasta Maple Ginger Salmon Cottage Fried Potatoes Rice Pilaf Mixed Vegetables Herbed Green Beans	4 Baked Chicken Beef Bulgogi Sicilian Brown Rice Garlic Mashed Potatoes Herbed Green Beans Braised Cabbage	5 Honey Sriracha Chicken Lemon Baked Fish Steamed Rice Pork & Beans Carrots Summer Squash
6 Oven Fried Fish Cordon Bleu Steamed Rice Roasted Pepper Potato's Corn Peas & Carrots Asparagus	7 Basil Baked Fish Teriyaki Chicken Rice Pilaf Simmered Pinto Beans Green Beans W/Mushrooms Oriental Stir-fry Cabbage Cauliflower	8 Ginger BBQ Chicken Lemon Basil Pasta Garlic and Soy Roasted Potatoes Steamed Rice Green Bean Sesame Glaze Sauteed Mushrooms &	9 Honey Mustard Chicken Breast Baked Fish Red Beans & Rice Mashed Potatoes Broccoli Southern Style Collard Carrots	10 Polish Sausage Baked Salmon Buttered Parsley Potatoes Brown Rice/ Tomatoes Peas Brussel Sprouts Mixed Vegetables	11 Santa Fe Glazed Chicken Parmesan Cod Baked Dijon Pork Chop Cottage Fried Potatoes Stewed Tomatoes Cauliflower Corn	12 Chicken Parmesan Breast BBQ Beef Cubes Instant Mashed Potato Brown Rice Green Beans, French Style Carrots Stewed Tomatoes
13 Caribbean Catfish Cheese Manicotti Baked Potato Halves Islander Rice Corn Combo French Style Green Beans Garlic Peas	14 BBQ Beef Cubes Baked Fish Baked Mac and Cheese Mashed Potatoes Insta Steamed Brown Rice Carrots Broccoli	15 Lemon Basil Shrimp Pasta Grilled Chicken, Mustard Sauce Baked Sweet Potato Barley Pilaf Sauteed Mushrooms & Onions Grilled Asparagus	16 Honey Ginger Chicken Grilled Salmon w/Citrus Butter Sweet Potatoes Southern Style Spicy Brown Pilaf Rice Southern Style Collard Greens Corn Stewed Tomatoes	17 Cajun Chicken Italian Broccoli Pasta Savory Style Beans Oven Browned Potatoes Cauliflower Au Gratin Carrots on the Griddle Broccoli	18 Shrimp Scampi Hot and Spicy Chicken Lemon Basil Pasta Buttered Parsley Potatoes Harvest Blend Rice Herbed Green Beans Succotash	19 Baked Fish Southern Fried Chicken Boston Baked Beans Buttered Egg Noodles Carrots Pea's w/ Mushrooms and Onions
20 Chicken Cordon Bleu Pasta Primavera Mashed Potatoes Steamed Rice Brussel Sprouts Cream Style Corn Roasted Butternut Squash	21 Cheese Manicotti Steak Ranchero Brown Rice Cottage Fried Potatoes Peas and Carrots Green Beans w/Mushrooms Corn Calico	22 Pork Chops Mexicana Fish Onion-Lemon Baked Rice Pilaf Baked Beans Carrots Green Beans Broccoli Polonaise	23 Marinated Tomatoes with Penne and Basil Pineapple BBQ Meatballs Islander Rice O'Brien Potatoes Curried Cauliflower French Style Green beans	24 Stuffed Green Peppers w Turkey Tuna Noodles Brown Rice w/Tomatoes Simmered Pinto Beans Peas Mediterranean Grilled Asparagus Succotash	25 Grilled Honey Sriracha Chicken Oven Fried Fish Chili Mac Steamed Rice Baked Potato Succotash Fried Okra Corn Combo	26 Turkey Ala King Baja Baked Cod Spinach & Tomato Orzo Parmesan Rice Roasted Cauliflower Carrots on the Griddle Mixed Vegetables
27 Chicken Parmesan Baked Fish w/ Garlic Butter Brown Rice Oven Browned Potatoes Corn Calico Roasted Butternut Squash Spinach	28 Basil Baked Fish Pasta Provencal Mashed Potatoes Jefferson Noodles Cauliflower Carrots Broccoli Parmesan	29 Braised Beef Noodles Grilled Pork Chops Red Beans & Rice Crispy Potato Wedges Corn on the Cob Broccoli Pea's w/ Onions	30 Baked Dijon Pork Chicken Baked Italian Style Baked Beans Barley Pilaf Sauteed Collard Greens Cauliflower Combo	31 Lemon Basil Pasta Maple Ginger Salmon Cottage Fried Potatoes Rice Pilaf Mixed Vegetables Herbed Green Beans	<div style="background-color: #fce4ec; padding: 10px; border: 1px solid #ccc;"> <p>*Menu is subject to change according to availability of menu</p> </div>	