

Lunch Menu- October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Onion Lemon Baked Fish (Green, Low)	Spicy Catfish Poboy (Red, Moderate)	Grilled Pork Chop (Green, Moderate)	Roast Turkey (Yellow, Moderate)	Baked Chicken (Green, High)
		Hamburger Yakisoba (Yellow, Low)	Grilled Pork Chops (Yellow, Low)	Lemon Pepper Catfish (Yellow, High)	Cheese Tortellini with Marina (Green, High)	Southwestern Shrimp Linguine (Yellow, High)
		Pasta Toscano (Yellow, High)	Cajun Meatloaf (Yellow, Moderate)	Baked Florentine Turkey Roulade (Green, Low)	Stuffed Green Peppers (Beef) (Yellow, High)	Beef Brogul (Green, low)
6	7	8	9	10	11	12
Chicken Cordon Bleu (Red, High)	Cheese Tortellini with Marinara (Green, High)	Chili Mac (Green, Moderate)	Shrimp Kabob (Yellow, High)	Grilled Chicken w/ Mustard Sauce	Polish Sausage (Red, High)	Santa Fe Glazed Chicken (Green, Low)
Teriyaki Steak (Yellow, High)	French Fried Shrimp (Red, Low)	Lemon Baked Fish	Ginger BBQ Chicken (Green, Low)	Parmesan Crusted Pork Chop (Yellow, High)	Baked Salmon (Green, Low)	Zesty Pork Chops (Green, low)
Italian Broccoli Pasta (Yellow, High)	Bourbon Chicken (Yellow, Low)	Teriyaki Chicken (Yellow, High)	Lemon Basil Pasta (Yellow Moderate)	Mediterranean Salmon (Yellow Moderate)	Hamburger Yakisoba (Yellow, Low)	Beef Ball Stroganoff (Yellow, Moderate)
13	14	15	16	17	18	19
Cheese Tortellini with Marinara (Green, High)	Caribbean Catfish (Yellow, Moderate)	Baked Fish (Yellow, Moderate)	Baked Salmon (Green, Low)	Honey Ginger Chicken (Green, Low)	Fried Chicken (Yellow, Moderate)	Spinach Lasagna (Yellow, Moderate)
French Fried Shrimp (Red, Low)	Herbed Baked Chicken (Green, Low)	Meat Loaf (Yellow, Moderate)	Pasta Toscano (Yellow, High)	Grilled Salmon w/Citrus Butter (Yellow, High)	Italian Broccoli Pasta (Yellow, High)	Hot and Spicy Chicken (Green, Moderate)
Bourbon Chicken (Yellow, Low)	Stuffed Green Peppers (Beef) (Yellow, High)	Baked Chicken (Green, Low)	Grilled Chicken w/ Mustard Sauce (Green, Moderate)	BBQ Brisket (Yellow, Moderate)	Stuffed Baked Pork Chops (Yellow, Low)	BBQ Brisket (Yellow, Moderate)
20	21	22	23	24	25	26
Southwestern Sweet Potatoes Black beans and Corn (Yellow, Low)	BBQ Brisket (Yellow, Moderate)	Chicken Kabob (Yellow, Low)	Lasagna (Yellow, High)	Turkey and Spinach Meatloaf (Green, Moderate)	Swiss Steak w/Brown Gravy (Yellow, High)	Fish Lemon Baked (Green, Low)
Shrimp Kabob (Yellow, High)	Chicken Cordon Bleu (Red, High)	Pepper Steak (Green, Moderate)	Pork Schnitzel (Red, Moderate)	Grilled Salmon in Citrus Butter (Green, High)	BBQ Chicken	Chili Mac (Green, Moderate)
Chicken Parmesan (Red, High)	Pasta Primavera (Yellow, Moderate)	Tuna Noodles (Yellow, High)	Fish Onion-Lemon Baked (Green, Low)	Beef Balls Stroganoff (Yellow, Low)	Tuna Noodles (Yellow, High)	Shrimp Scampi (Green, High)
27	28	29	30	30		
Turkey Ala King (Yellow, High)	Oriental Pepper Steak (Yellow, Moderate)	Onion Lemon Baked Fish (Green, Low)	Spicy Catfish Poboy (Red, Moderate)	Grilled Pork Chop (Green, Moderate)		
Country Style Fried Steak (Red)	Chicken Parmesan (Red, High)	Hamburger Yakisoba (Yellow, Low)	Grilled Pork Chops (Yellow, Low)	Lemon Pepper Catfish (Yellow, High)		
Baja Baked Cod (Green, High)	Parmesan Cod (Yellow, Moderate)	Pasta Toscano (Yellow, High)	Cajun Meatloaf (Yellow, Moderate)	Baked Florentine Turkey Roulade (Green, Low)		

Taco Bar on Tuesdays/Wings on Wednesday/Pasta Bar on Thursdays *Menu subject to change

Dinner Menu - October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Baja Fish Taco (Green, High)	Fish Onion-Lemon Baked (Green, Low)	Baked Salmon (Green, Low)	Turkey and Spinach Meatloaf (Green, Moderate)	Honey Ginger Chicken (Green, Low)
		Baked Mexican Chicken (Yellow, High)	BBQ Brisket (Yellow, Moderate)	Beef Balls Strognaoff (Green, Moderate)	Chicken, Savory Baked (Yellow, High)	Salisbury Steak (Yellow, Moderate)
		Veal Parmesan (Red, High)	Cajun Chicken (Green, Moderate)	Cajun Chicken (Green, Low)	Parmesan Cod (Yellow, Moderate)	Cheese Tortellini (Yellow, Moderate)
6	7	8	9	10	11	12
Chicken Ala King (Green, Moderate)	Beef Pot Pie (Yellow, High)	Pork Roast Tenderloin (Green, Low)	Marinated Tomatoes With Penne And Basil (Green, High)	Hot and Spicy Chicken (Green, Moderate)	Brisket W/BBQ Sauce (Yellow, High)	Baked Salmon (Yellow, High)
Lemon Baked Fish (Yellow, Moderate)	Lemon Baked Fish (Green, Low)	Baja Baked Cod (Green, High)	Southern Fried Catfish (Red, Moderate)	Pasta Toscano (Yellow, High)	Shrimp Scampi (Yellow, High)	BBQ Chicken (Green, High)
Pasta Primavera (Yellow, Moderate)	Herbed Baked Chicken (Green, Low)	Pasta Toscano (Yellow, High)	Beef Balls Stroganoff (Yellow, High)	Cantonese Spareribs (Red)	German Chicken Schnitzel (Yellow, Moderate)	Pasta Primavera (Yellow, Moderate)
13	14	15	16	17	18	19
Beef Pot Pie (Yellow, High)	Southwestern Sweet Potatoes Black Beans and Corn (Green, Moderate)	BBQ Beef Cubes (Red, High)	Grilled Steak (Green, Low)	Crispy Oven Baked Chicken (Yellow, Low)	Hamburger Yakisoba (Yellow, Low)	Beef Balls Stroganoff (Yellow, Moderate)
Lemon Baked Fish (Green, Low)	Beef Stew (Yellow, Moderate)	Southwestern Fish (Green)	Cajun Chicken	Beef Stew (Green, High)	Savory Baked Chicken (Yellow, Moderate)	Baked Stuffed Fish (Yellow, Low)
Herbed Baked Chicken (Green, Low)	Chicken, Savory Baked (Yellow, High)	Mexican Baked Chicken (Green, High)	Mediterranean Salmon (Yellow, Low)	Parmesan Crusted Cod (Yellow, Moderate)	Mexican Fiesta Fish	Chicken Cordon Bleu (Red, High)
20	21	22	23	24	25	26
Zesty Pork Chop (Green, Moderate)	Herbed baked Chicken (Green, low)	Sweet and Spicy Orange Salmon (Yellow, Moderate)	Parmesan Cod (Yellow, Moderate)	BBQ Beef Cubes (Red, High)	Lasagna (Yellow, High)	Teriyaki Chicken
Chili Mac (Green, Moderate)	Beef and Corn Pie (Green, Moderate)	Cheese Tortellini with Marinara (Green, High)	Hamburger Yakisoba (Yellow, Low)	Mexican Chicken (Yellow, High)	Chicken Cacciatore (Green, Moderate)	Braised Spareribs (Yellow, Moderate)
Lemon Pepper Catfish (Yellow, Low)	Parmesan Cod (Yellow, Moderate)	Steak Rancho (yellow, Moderate)	Savory baked Chicken (Green, Moderate)	Baked Salmon (Yellow, Moderate)	Italian Broccoli Pasta (Yellow, High)	Salmon, Maple Ginger (Yellow, Moderate)
27	28	29	30	31		
Swedish Meatballs (Ground Turkey) (Yellow, High)	Pork Roast Tenderloin (Green, Low)	Baja Fish Taco (Green, High)	Fish Onion-Lemon Baked (Green, Low)	Baked Salmon (Green, Low)		
Maple Ginger Glazed Salmon (Yellow, High)	Tuna Noodles (Yellow, High)	Baked Mexican Chicken (Yellow, High)	BBQ Brisket (Yellow, Moderate)	Beef Balls Strognaoff (Green, Moderate)		
Steak Smothered in Onions (Yellow, Moderate)	Savory Baked Chicken (Yellow, Moderate)	Veal Parmesan (Red, High)	Cajun Chicken (Green, Moderate)	Cajun Chicken (Green, Low)		

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