

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Ginger BBQ Chicken (Green) Shrimp Kebab (Yellow) Zesty Pork Chops (Yellow) Potatoes and Herbs (Green) Quinoa Garden Pilaf (Green) Corn Combo (Green) Zucchini Fritters (Yellow) Peas (Green)	Baked Salmon (Green) Teriyaki Chic (Yellow) Pork Schnitzel (Red) Baked Potato (Green) Parmesan Rice (Yellow) Spinach (Green) Stir Fry Veg (Green) Cauliflower Parmesan (Y)
Cheese Tortellini (Green) Savory Baked Chicken (Y) BBQ Brisket (Yellow) Baked Sweet Potato (Green) Baked Mac and Cheese (Red) Roasted Carrots (Green) Corn Calico (Yellow) Collard Greens (Green)	Baked Fish (Green) Beef Ball Stroganoff (Yellow) Fried Onions (Red) Brown Gravy (Red) Brown Rice (Green) Buttered Egg Noodles (Yellow) Carrots (Green) Succotash (Green) Green Beans (Green)	Yankee Pot Roast (Green) Grilled Pork Chops (Yellow) Bourbon Chicken (Yellow) Onion Gravy (Yellow) Parsley Potatoes (Green) Rice w/Broccoli Cheese (Y) Peas (Green) Simmered Pinto Beans (Green) Corn Calico (Yellow)	Carib Chicken (Green) Salmon (Yellow) Cantonese Spareribs (Red) Brown Gravy (Red) Red Beans & Rice (Green) Franconia Potatoes (Green) Brussel Sprouts (Green) Summer Squash (Green) Broccoli Combo (Green)	Chicken Florentine (Green) Tuna Noodles (Yellow) BBQ Beef Cubes (Red) Chicken Gravy (Red) Oven Potatoes (Green) Steamed Rice (Yellow) Creamed Corn (Green) Collard Greens (Green) Zucchini Fritters (Yellow)	Shrimp Chop Suey (Green) Pineapple Meatballs (Yellow) Sweet and Sour ribs (Red) Onion Gravy (Yellow) Pepper Potatoes (Green) Pork Fried Rice (Yellow) Stir Fry Vegetables (Green) Peas and Carrots (Green) Tempura Vegetables (Red)	Chicken A La King (Green) Parmesan Pork Chop (Yellow) Eggplant Parmesan (Red) Steamed Rice (Yellow) Roasted Potato Wedge (Green) Roasted Carrots (Green) Garlic Peas (Green) French Green Beans (Green)
Baked Chicken (Yellow) Almond Crusted Cod (Yellow) Quinoa Garden Pilaf (Green) Mashed Potatoes (Green) Black Eyed Peas (Green) Okra Melange (Yellow) Grilled Asparagus (Yellow)	Glazed Chicken (Green) Fiesta Fish (Green) Cajun Meatloaf (Yellow) Turkey Gravy (Red) Pepper Potatoes (Green) Islander Rice (Yellow) Corn (Green) Green Beans (Green) Fried Cauliflower (Red)	Hot/Spicy Chicken (Green) Grilled Steak (Green) Pork Adobo (Yellow) Brown Gravy (Red) Baked Potatoes (Green) Steamed Rice (Yellow) Collard Greens (Green) Corn on the Cobb (Green) Mixed Vegetables (Green)	Baked Salmon (Green) Baked Chicken (Yellow) Beef Fajita Quinoa (Green) Chicken Gravy (Red) Potato Wedges (Green) Spanish Rice (Yellow) Corn and Black Beans (Green) Peas and Onions (Green) Summer Squash (Green)	Cajun Chicken (Green) Shrimp Stir Fry (Green) Roast Beef (Green) Potatoes and Herbs (Green) Jefferson Noodles (Yellow) Succotash (Green) Collard Greens (Green) Fried Okra (Red)	Pork Tenderloin (Green) Sriracha Chicken (Green) Beef Yakisoba (Yellow) Baked Sweet Potato (Green) Oriental Rice (Yellow) Herbed Green Beans (Green) Scalloped Corn (Yellow) Tempura Vegetables (Red)	Baja Fish Tacos (Green) Salisbury Steak (Yellow) Turkey Nuggets (Red, High) Spicy Brown Pilaf Rice (Green) Corn Bread Dressing (Yellow) Green Beans (Green) Cauliflower Parmesan (Yellow) Glazed Carrots (Yellow)
Fish w/SW Salsa (Green) Chicken w/Dumplings (Y) Beef and Corn Pie (Green) Baked Mac and Cheese (Red) Baked Potato Halves (Green) Corn Combo (Green) Spinach (Green) Summer Squash (Green)	Polynesian Fillet (Green) Asian BBQ Turkey (Green, Moderate) Teriyaki Pork Steak (Yellow) Filipino Rice (Green) Egg Noodles (Yellow) Green Beans (Green) Cauliflower (Green) Carrots (Green)	Mexican Pork Chops (Green) Chicken Tajitas (Green) Steak Ranchero (Yellow) Mexican Rice (Yellow) O'Brien Potatoes (Red) Refried Beans (Green) Mexican Corn (Green) Broccoli (Green, Low)	Barley and Spinach Stew (Gr) Fried Steak (Yellow) Turkey and Noodles (Yellow) Cream Gravy (Yellow) Oven Potatoes (Green) Rice Pilaf (Yellow) Peas w/ Mushrooms (Green) Broccoli Combo (Green) Mixed Vegetables (Green)	Bkd Dijon Pork Chop (Green) Grilled Salmon (Yellow) Azn Bourbon Beef Noodles (Y) Brown Rice (Green) Scalloped Potatoes (Yellow) French Style Peas (Green) Corn O'Brien (Yellow) Collard Greens (Red)	Turkey Roulade Florentine (G) Parmesan Fish (Yellow) Country Style Steak (Green) Harvest Blend Rice (Green) Garlic Mashed Potatoes (Y) Veg and Bean Ragout (G) Roasted Carrots (Green) Cauliflower (Green)	Basil Baked Fish (Green) Beef Stew (Yellow) BBQ Chicken (Yellow) Parsley Potatoes (Green) Steamed Rice (Yellow) Creamed Corn (Green) Simmered Pinto Beans (Green) Spinach Club (Yellow)
Chicken Bulgogi (Green) Pork Chops (Yellow) Teriyaki Steak (Yellow) Potatoes and Herbs (Green) Fried Rice with Eggs (Yellow) Stir Fry Vegetables (Green) Green Beans w/Mushroom (G) Corn (Green)	Baked Fish (Green) Orzo Pasta (Yellow) Chicken Parmesan (Yellow) Rice w/ Vegetable Sillian (G) Oven Brownded Potatoes (G) French Green Beans (G) Cauliflower Combo (G) Corn O'Brien (Y)	Creole Fish Fillets (Green) Glazed Pork Chop (Yellow) Chicken Cordon Bleu (Red) Hopping John Rice (Green) Potato Wedge (Green) Peas (Green) Summer Squash (Green) Brussel Sprouts (Green)	Santa Fe Glazed Chicken (G) Spicy Orange Salmon (Y) Pork Chops (Yellow) Wild Rice (Green) Pepper Potatoes (Green) Spanish Style Beans (Green) Peas and Carrots (Green) Succotash (Green)	Beef Bulgogi (Green) Mambo Pork Roast (Yellow) Lemon Pepper Chicken (Y) Brown Pilaf Rice (Green) Mashed Potatoes (Green) Fried Cabbage (Yellow) French Style Peas (Green) Glazed Carrots (Yellow)		

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				MEXICAN MEAL 7	Caribbean Chicken (Green) Shrimp Jambalaya (Yellow) Sweet and Sour Spareribs (R) Potato Wedges (Green) Oriental Rice (Yellow) Lima Beans (G) Summer Squash (Green) Peas and Carrots (Green)	Shrimp Stir Fry (Green) Asian BBQ Turkey (Green) Teriyaki Pork Steak (Yellow) Brown Gravy (ReD) Filipino Rice (Green) Garlic Roasted Potatoes (G) Mixed Vegetables (Green) Cauliflower (Green) Grilled Asparagus (Yellow)
Stuffed Peppers (Yellow) Fried Shrimp (Red) Brown Gravy (Red) Mashed Potatoes (Green) Rice Pilaf (Yellow) Beans w/ Mushroom (Green) Corn on the Cobb (Green) Zucchini Fritters (Yellow)	Bkd Dijon Prk Chop (G) Beef Brogul (Yellow) Oven Fried Fish (Yellow) Turkey Gravy (Red) Wild Rice (Green) Rissolle Potatoes (Red) Cauliflower (Green) Spinach (Green) Summer Squash (Green)	Beef Stir Fry (Green, High) Baked Salmon (G) Chow Mein w/Chicken (G) Cream Gravy (Yellow) Roasted Pepper Potatoes (G) Fried Rice with Eggs (Yellow) Carrots (Green) Broccoli (Green) Fried Onions (Red)	Basil Baked Fish (Green) Herbed Baked Chicken (G) Swiss Steak (Red) Brown Gravy (Red) Harvest Blend Rice (Green) Scalloped Potatoes (Yellow) Mixed Vegetables (Green) Boston Baked Beans (Green) Grilled Asparagus (Yellow)		Cranberry Glazed Chicken (G) Lemon Pepper Catfish (Y) Baked Pork Chops (Y) Brown Gravy (Red) Brown Rice (Green) Glazed Sweet Potatoes (Y) French Green Beans (Green) Carrots (Green) Cauliflower (Green)	Stir Fry Chicken w/Broccoli (G) Stuffed Fish (Yellow) Beef Pot Pie (Yellow) Wild Rice (Green) Garlic Mashed Potatoes (Y) Cauliflower Combo (Green) Spinach Club (Yellow) Scalloped Corn (Yellow)
Ginger BBQ Chicken (Green) Pork Chop (Yellow) Teriyaki Steak (Yellow, High) Spcy Brown Pilaf Rice (Green) Jefferson Noodles (Yellow) Stir Fry Vegetables (Green) Peas (Green) Herbed Green Beans (Green)	Creole Fish Fillets (Green) Chicken Dijon (Yellow) Polish Sausage (Red) Franconia Potatoes (Green) Broccoli and Cheese (Yellow) Corn Calico (Yellow) Savory Style Beans (Green) Broccoli (Green) Peppers and Onions (Yellow)	Beef Bulgogi (Green) Pork Chops (Yellow) Spicy Orange Salmon (Y) Filipino Rice (Green) Buttered Egg Noodles (Y) Brussel Sprouts (Green) Roasted Carrots w/ (Green) Savory Summer Squash (G)	Marinated Tomatoes With Penne And Basil (G) Ground Turkey Lasagna (Y) Parmesan Fish (Yellow) Potato Wedge (Green) Steamed Rice (Yellow) Green Beans (Green) Peas and Carrots (Green) Zucchini Fritters (Yellow)	CAJUN MEAL 14	Jerk Roast Turkey (Green) BBQ Brisket (Yellow) Southern Fried Catfish (Red) Quinoa Southwest Pilaf (G) Baked Mac and Cheese (Red) Okra Melange (Yellow) Black Eyed Peas (Green) Collard Greens (R)	Beef Stir Fry (Green) Grilled Pork Chops (Yellow) Turkey/Spinach Meatloaf (G) Harvest Blend Rice (Green) Oven Potatoes (Green) Squash Au Gratin (Green) Carrots (Green) Cauliflower Combo (Green)
Cheese Tortellini (G) Spaghetti w/Meat Sauce (Y) Chicken Parmesan (Yellow) Potatoes and Herbs (G) Parmesan Rice (Yellow) Garlic Peas (Green, Low) Lima Beans (G) Broccoli (Green)	Caribbean Chicken (G) Mediterranean Salmon (Y) Cantonese Spareribs (Red) Crispy Potato Wedges (G) Islander Rice (Yellow) Broccoli Polonaise (Green) Corn (Green) Simmered Pinto Beans (G)	Zesty Pork Chops (Yellow) Swiss Steak (Yellow) Spicy Brown Pilaf Rice (G) Jefferson Noodles (Yellow) Brussel Sprouts (Green) Collard Greens (Green) Carrots w/ Rosemary (Green)	Grilled Chic w/ Mstd Sce (G) Yankee Pot Roast (Green) Shrimp Kebab (Yellow) Hopping John Rice (Green) Baked Sweet Potato (Green) Summer Squash (Green) Grilled Asparagus (Yellow) Scalloped Corn (Yellow)	ASIAN PACIFIC MEAL 21	Baked Fish (Green) Beef Ball Stroganoff (Y) Baked Chicken (Yellow) Baked Potato Halves (G) Orzo w/ Lemon and Herbs (Y) Collard Greens (Green) French Green Beans (Green)	Polynesian Fillet (Green) Pineapple Meatballs (Yellow) Hot and Spicy Chicken (Green) Baked Potatoe (Green) Pork Fried Rice (Yellow) Succotash (Green) Fried Cabbage (Yellow) Roasted Cauliflower (Green)
Jerk Roast Turkey (Green) Creole Shrimp (Yellow) Braised Beef & Noodles (Y) Wild Rice (Green) Rissolle Potatoes (Red) Carrots (Green) Corn O'Brien (Yellow) Fried Cauliflower (Red)	Chili Mac (Green) Mexican Pork Chops (Green) Chicken Enchiladas (Yellow) Franconia Potatoes (Green) Mexican Rice (Yellow) Hacienda Corn/Black Beans (G) Broccoli (Green) Garlic Peas (Green)	Pork Roast Tenderloin (G) Turkey A La King (Yellow) Salmon (Yellow) Potatoes and Herbs (Green) Steamed Rice (Yellow) Grilled Asparagus (Yellow) Corn (Green) Tempura Vegetables (Red)	Southwestern Fish (Green) Beef Fajita Quinoa (Green) Mr Z's Baked Chicken (Y) Baked Sweet Potato (Green) Spanish Rice (Yellow) Mexican Corn (Green) Hacienda Green Beans (G) Spinach Club (Yellow)	SOUTHERN MEAL 28		

• *Menu is subject to change.