

**SUNDAY**

**Lunch: Shepherd's Pie**

Seasoned ground beef with peas, carrots, and onions in a rich beef gravy topped with mashed potatoes then baked and served with a side salad and a dinner roll

**Dinner: Chicken Stew**

Diced chicken, sweet potatoes, carrots, onions, bell peppers, celery, and chickpeas served with a Hawaiian sweet roll

**MONDAY**

**Lunch: BBQ Pulled Pork Sandwiches**

Barbecue pulled pork with pepper jack cheese on a sesame bun, served with French fries

**Dinner: Turkey Enchiladas**

Braised turkey rolled in tortillas, topped with red enchilada sauce and shredded, and cotija cheese, served with corn and bean salad, rice, and sour cream

**TUESDAY**

**Lunch: Shrimp Tacos**

Three tacos with blackened shrimp, cabbage slaw, avocado, and cilantro lime sauce on flour tortillas

**Dinner: Chicken & Waffles**

Crispy Chicken thighs served with a Belgian waffle and bourbon maple syrup topped with fresh berries

**WEDNESDAY**

**Lunch: Chicken Caesar Wraps**

Grilled chicken breast, chopped romaine lettuce, parmesan cheese, crushed croutons, tossed in Caesar dressing in a spinach wrap, served with potato chips

**Dinner: Rigatoni Bolognese**

Rigatoni pasta in a Bolognese sauce topped with parmesan cheese and parsley

**THURSDAY**

**Lunch: Steak Burrito**

Fajita steak with sauteed peppers and onions, rice, beans, Pico de Gallo, and guacamole served with Mexican corn

**Dinner: Sesame Crusted Tuna**

Ahi tuna sesame crusted and seared, served with rice and purple cabbage slaw

**FRIDAY**

**Lunch: Fish Fry**

Fried catfish with brussels sprouts, mashed potatoes, and a lemon wedge

**Dinner: Ramen**

Crispy pork belly, hardboiled egg, marinated mushrooms, cilantro, and green onions in a rich shoyu chicken broth with ramen noodles

**SATURDAY**

**Lunch: Pub Burger**

Basil pesto, marinated mushrooms, caramelized onions, and leaf lettuce served with French fries

**Dinner: Pot Roast**

Classic pot roast served with stewed potatoes, carrots, onions, and celery, and a dinner roll