

SUNDAY

Lunch: General Tso's Chicken Stir Fry

Chicken, stir fry veggies tossed in a general Tso's sauce on top of rice

Dinner: Shepherd's Pie

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

MONDAY

Lunch: Blackened Salmon Salad

Blackened salmon, candied walnuts, cherry tomatoes, English cucumber, shaved fennel, on chopped baby red romaine lettuce, shaved parmesan with a lemon thyme dressing

Dinner: Duck Confit

Duck breast slow cooked in duck fat topped with crispy duck skin served with garlic lemon endives & baked purple sweet potato

TUESDAY

Lunch: Chicken Lettuce Cups

Marinated diced chicken, red onions, avocado, tomato, in lettuce cups with a lemon aioli served with sliced lemonade apples

Dinner: Herb Pork Chop

Herb marinated pork Chop served with roasted patty pan squash & scalloped potatoes

WEDNESDAY

Lunch: Steak Burrito

Sauteed steak, pico de gallo, guacamole, black beans, rice wrapped in a tortilla served with fresh fruit

Dinner: Meatloaf

Classic meatloaf sauteed gourmet mushrooms and sweet peppers, mashed potatoes & gravy

THURSDAY

Lunch: Mac 'N' Cheese Bar

Three cheese mac 'n' cheese with BBQ pulled pork, buffalo chicken, & a variety of toppings

Dinner: Bacon Lover's Burger

Smash burger, cheese, bacon jam, bacon aioli, crispy bacon on a brioche bun served with mac salad & fresh fruit

FRIDAY

Lunch: Pizza Quesadilla

Chopped pepperoni, salami, onions, bell peppers, & Italian seasoning with shredded cheese in a tortilla served with pizza sauce

Dinner: Chicken Florentine

Baked chicken in a spinach mushroom cream sauce, served with & a baked potato & lemon pepper baby cauliflower

SATURDAY

Lunch: Catfish Nuggets

Fried catfish nuggets served with crispy Brussel sprouts & lemon aioli

Dinner: Spaghetti

Classic spaghetti in meat sauce served with roasted corn & homemade garlic cheese breadsticks