

24oz 32oz

\$2.59 \$2.89 Dumpling Wednesday \$9.79

Meat +1

\$9.69

Meat +2

Meat +3

\$10.69

\$12.39

Monday

Creamy Cajun Shrimp Fettucine

Herbed Roasted Beef

Vegetarian Shepherd's Pie

Roasted Red Potatoes

Roasted Asparagus

Apple Glazed Baby Carrots

Broccoli w/ Garlic & Lemon

Tomato Basil

Tuesday

Blackened Fish Tacos

Ground Beef Tacos

Chile Spiced Vegan Tacos

Cilantro & Lime Rice

Bandito Beans

Shoepeg Corn w/ Peppers

Roasted Vegetables

Hearty Beef & Bean Chili

Chicken Tortilla

Wednesday

Cajun Roasted Turkey Breast

Chicken 'N Dumplings

Vegan Baked Chicken Tenders

Southern Style Green Beans

Macaroni & Cheese

Whipped Potatoes

Buttered Lima Beans

Vegetarian Vegetable

Broccoli & Cheese

Thursday

Golden Fried Catfish

Open Faced Roast Beef Sandwich

Portabella Mushroom Stroganoff

Buttered Corn

Steamed Broccoli

Buttered Peas

Corn Chowder

Vegetable Beef

Barley

Whipped Potatoes

Friday

Biscuits w/ Sausage Gravy

Chicken & Waffles

Blueberry French Toast Bake

Hash Brown Potatoes

Scrambled Eggs

Cinnamon Spiced Apples

Cheesy Grits

Tomato

Minestrone

Bisque

2000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE. BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITIONAL INFORMATION AVAILABLE UPON REOUEST.