



MONDAY Week 1	TUESDAY Week 1	WEDNESDAY Week 1	THURSDAY Week 1	FRIDAY Week 1	SATURDAY Week 1	SUNDAY Week 1
10/14/2019	10/15/2019	10/16/2019	10/17/2019	10/18/2019	10/19/2019	10/20/2019
BREAKFAST ENTREES						
BLUEBERRY PANCAKES	FRENCH TOAST	WAFFLES	PANCAKES	FRENCH TOAST	PANCAKES	WAFFLES
SAUSAGE PATTIES	CORNED BEEF HASH	COUNTRY HAM	SAUSAGE PATTIES	SMOKED SAUSAGE	SAUSAGE LINKS	SPICY CHICKEN
EGGS BENEDICT	BREAKFAST CASSEROLE	BREAKFAST BURRITOS	BREAKFAST ENCHILADAS	BREAKFAST CASSEROLE	HAM & CHEESE EGGS	VEGETABLE QUICHE
LUNCH ENTRÉE						
BEEF STEW	HONEY GARLIC CHICKEN	FRIED CHICKEN W/ MAPLE CORNBREAD	TACO THURSDAY SEASONED GROUND BEEF SHREDDED CHICKEN FISH TACOS	HICKORY SMOKED PULLED PORK	STROMBOLI	HERBED LEMON GRILLED PORK CHOPS
FRIED PORK CHOPS	HOISIN GLAZED RIBS	HERB BAKED CHICKEN		BAYOU CATFISH	FRIED CHICKEN WINGS	CUBED STEAK
** STUFFED TOMATOES	**VEGETABLE LO MEIN	MEATLOAF	** STUFFED POBLANO PEPPERS	** VEG. STUFFED SQUASH	** TOMATO BASIL MANICOTTI	** SUNDRIED TOMATO & SPINACH PASTA
				HUSHPUPIES		
SIDES AT LUNCH						
AUGRATIN POTATOES	FRIED RICE	WHITE RICE & GRAVY	CILANTRO LIME RICE	RED RICE	MOZERALLA STICKS	SCALLOPED POTATOES
WHITE RICE	JASMINE RICE	LOADED MASHED POTATOES	REFRIED BEANS	MAC & CHEESE	POTATO WEDGES	RICE PILAF
CORN ON THE COB	MANDARIN STIR-FRY	SOUTHERN COLLARDS	MEXICAN VEGETABLES	SAUTEED CABBAGE	PARMESAN BROCCOLI	GREEN BEANS
SAUTEED GREEN BEANS	BOY CHOY		SAUTEED CORN	GREEN BEAN CASSEROLE	SUCCOTASH	ROASTED CAULIFLOWER
DAILY SOUPS						
Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
CRAB & CORN CHOWDER	HOT & SOUR SOUP	CHILI	CHICKEN TORTILLA SOUP	LOADED POTATO SOUP	VEGETABLE GUMBO	CHICKEN NOODLE SOUP
DINNER ENTRÉE						
JERK CHICKEN	PAELLA	SEARED COD W/ HERBED BUTTER SAUCE	PRIME RIB	GYROS	MEAT LASAGNA	ROASTED TURKEY
ROASTED PORK W/ MANGO SALSA	CARNE ASADA	BOLOGNESE	GRILLED ROSEMARY CHICKEN BREASTS	CHICKEN SOUVLAKI	CHICKEN CACCIATORE	HONEY BAKED HAM
SIDES AT DINNER						
CARIBBEAN MAC & CHEESE	OVEN ROASTED POTATOES	PASTA A&M	SAFFRON RICE	LEMON ROASTED POTATOES	PASTA A& M	MASHED POTATOES AND GRAVY
CARIBBEAN RICE	SPANISH BEANS	AUGRATIN POTATOES	BAKERS AND SWEETS	GREEK RICE	WHITE RICE	CORNBREAD DRESSING
GRILLED VEGGIES	ZUCCHINI	GREEN BEAN & MUSHROOM MEDLEY	SUGAR SNAPS	FRESH VEGETABLES	SPINACH	BUTTER BEANS
FRIED PLANTAINS	CARROTS	SQUASH	FRIED MUSHROOMS	ROASTED TOMATOES	SHOEPEG CORN	FRIED OKRA
Weekday Hours					Weekend & Holiday Hours	
Breakfast	6:30 AM – 7:45 AM				Breakfast	8:00 AM – 9:15 AM
Lunch	11:00 AM – 1:00 PM				Lunch	11:30 AM – 1:00 PM
Dinner	4:15 PM – 7:00 PM				Dinner	5:30 PM – 7:00 PM
An Entrée consists of one item as listed in the Entrée Section						



MONDAY Week 2	TUESDAY Week 2	WEDNESDAY Week 2	THURSDAY Week 2	FRIDAY Week 2	SATURDAY Week 2	SUNDAY Week 2
10/21/2019	10/22/2019	10/23/2019	10/24/2019	10/25/2019	10/26/2019	10/27/2019
BREAKFAST ITEMS						
PANCAKES	FRENCH TOAST	WAFFLES	PANCAKES	FRENCH TOAST	PANCAKES	WAFFLES
SAUSAGE PATTIES	CORNED BEEF HASH	COUNTRY HAM	SAUSAGE LINKS	SAUSAGE PATTIES	SAUSAGE LINKS	SMOKED SAUSAGE
EGGS BENEDICT	BREAKFAST CASSEROLE	BREAKFAST BURRITOS	BREAKFAST ENCHILADAS	HAM & CHEESE EGGS	BREAKFAST CASSEROLE	BREAKFAST QUICHE
LUNCH ENTRÉE						
TANDOORI CHICKEN	PEPPER STEAK	FRIED CHICKEN W/ WAFFLES	SEAFOOD THURSDAY	PULLED PORK	CHICKEN PICATTA	SALMON W/ GARLIC LEMON BUTTER SAUCE
SHRIMP CURRY	SWEET & SOUR PORK	HERBED ROASTED CHICKEN		SMOKED SWEET BBQ CHICKEN WINGS	BAKED ZITI W/ ITALIAN SAUSAGE	HERBED TURKEY MEATBALLS
** INDIAN COCONUT VEGETARIAN CURRY	** VEGETARIAN RAMEN NOODLES	SWEDISH MEATBALLS	** VEGETARIAN STUFFED SQUASH	** QUINOA STUFFED PEPPERS	**GRILLED EGGPLANT STACKS	** FUSILLI W/ BROCCOLI PESTO
		**VEG. STUFFED MUSHROOMS	HUSHPUPIES	COLE SLAW & JALAPENO CHEDDAR CORNBREAD		
VEGETABLES and STARCHES at LUNCH						
BASMATI RICE	CHICKEN FRIED RICE	EGG NOODLES	FETTUCCHINE & SAUCE	RED RICE	PASTA A&M	WHITE RICE
SPRING ROLLS	JASMINE RICE	GARLIC SMASHED POTATOES	CREAM CHEESE CHEDDAR GRITS	MAC & CHEESE	RICE PILAF	SCALLOPED POTATOES
SUGAR SNAPS	SESAME BROCCOLI	BLACK-EYED PEAS	CORN ON THE COB	BAKED BEANS	ZUCCHINI	HONEY ROASTED CARROTS
SAUTEED SQUASH	STIR-FRY VEGETABLES	FRIED OKRA	ASPARAGUS	COLLARDS	ROASTED TOMATOES	ASPARAGUS
DAILY SOUPS						
BEEF & VEGETABLE SOUP	SHRIMP & CHICKEN GUMBO	CHILI	BOSTON CLAM CHOWDER	POTATO & LEEK SOUP	SPINACH & TORTELLINI SOUP	CREAM OF ASPARAGUS
SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY
DINNER ENTRÉE						
SPAGHETTI W/ SAUCE	CAJUN CHICKEN BREASTS	GARLIC BUTTER BAKED POLLOCK	GRILLED STEAKS	CHIPOTLE CHICKEN	BAKED TILAPIA	HAM STEAK
GRILLED PORK CHOPS	FRIED CATFISH	BEEF BURGUNDY	BRUSCHETTA GRILLED CHICKEN	CHILI MAC	CHICKEN & BROCCOLI ALFREDO	HOMESTYLE MEATLOAF W/ BROWN SUGAR GLAZE
VEGETABLES and STARCHES at DINNER						
PASTA A&M	CAJUN RED BEANS & RICE	AUGRATIN POTATOES	RICE PILAF	PASTA A&M	HERB ROASTED POTATOES	MASHED POTATOES & GRAVY
BROWN RICE	DICED SWEET POTATOES	WHITE RICE	BAKERS & SWEETS	YELLOW RICE	WILD RICE	WHITE RICE
SPINACH	CREOLE GREEN BEANS	GREEN LIMA BEANS	BROCCOLI	ROASTED VEGETABLES		GREEN BEAN ALMONDINE
CAULIFLOWER	GRILLED CORN ON THE COB	CARROTS	MUSHROOMS	ACORN SQUASH	SHOEPEG CORN	SAUTEED SQUASH
Weekday Hours						
Breakfast	6:30 AM – 7:45 AM				Weekend & Holiday Hours	
Lunch	11:00 AM – 1:00 PM				Breakfast	8:00 AM – 9:15 AM
Dinner	4:15 PM – 7:00 PM				Lunch	11:30 AM – 1:00 PM
					Dinner	5:30 PM – 7:00 PM
An Entrée consists of one item as listed in the Entrée Section						



MONDAY Week 3	TUESDAY Week 3	WEDNESDAY Week 3	THURSDAY Week 3	FRIDAY Week 3	SATURDAY Week 3	SUNDAY Week 3
10/28/2019	10/29/2019	10/30/2019	10/31/2019	11/1/2019	11/2/2019	11/3/2019
BREAKFAST						
PANCAKES	WAFFLES	FRENCH TOAST	PANCAKES	FRENCH TOAST	PANCAKES	ENGLISH MUFFINS
SAUSAGE PATTIES	CORNED BEEF HASH	HAM	SAUSAGE PATTIES	SAUSAGE LINKS	SAUSAGE PATTIES	CANADIAN BACON
EGGS BENEDICT	BREAKFAST CASSEROLE	BREAKFAST BURRITOS	BREAKFAST ENCHILADAS	HAM & CHEESE EGGS	BREAKFAST CASSEROLE	BREAKFAST QUICHE
LUNCH ENTRÉE						
TOMATO BASIL CHICKEN	ASIAN BEEF W/ SNOW PEAS	FRIED CHICKEN	PASTA THURSDAY GRILLED CHICKEN BREASTS SWEET ITALIAN SAUSAGE MEAT SAUCE ** STUFFED EGGPLANT PARMESAN	HICKORY SMOKED PULLED PORK	MEMPHIS STYLE CHICKEN	BBQ SHRIMP
BEEF STROGANOFF	GENERAL TSAO'S CHICKEN	BAKED CHICKEN		FRIED FLOUNDER	CATFISH PO BOY	ROASTED PORK LOIN W/ ROSEMARY & THYME
**QUINOA & COUS COUS PORTOBELLOS	**VEGETABLE LO MEIN	STUFFED CABBAGE ROLLS		**VEG. STUFFED SQUASH	**PIMENTO CHEESE CAVATAPPI	**SPINACH TORTELLINI
SIDES AT LUNCH						
EGG NOODLES	VEGETABLE FRIED RICE	CHICKEN & SAUSAGE PILAU	ASSORTED PASTA & SAUCES	RED RICE	RICE PILAF	WHITE RICE & GRAVY
WHITE RICE	JASMINE RICE	RED SKIN MASHED POTATOES	GARLIC BREAD	BAKED BEANS	POTATO WEDGES	WHITE CHEDDAR GRITS
GRILLED ASPARAGUS	SNOW PEAS	GREEN BEANS	GRILLED ASPARAGUS	COLLARDS	ROASTED CARROTS	BROCCOLI
ROASTED VEG.	STIR FRY VEG.	FRIED CABBAGE	ROASTED SQUASH	CORN ON THE COB	ASPARAGUS	SUCCOTASH
DAILY SOUPS						
Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
SHE CRAB	BROCCOLI & CHEDDAR SOUP	CHILI	ITALIAN WEDDING SOUP	LOADED POTATO SOUP	CHICKEN NOODLE	TOMATO FLORENTINE
DINNER ENTRÉE						
TURKEY TETRAZZINI	GARLIC PARMESAN SHRIMP	DILL BUTTER FISH	RIBEYE	SALISBURY STEAK	CAJUN STEAK BITES	BRAISED BEEF SHORT RIBS
FRIED PORK CHOPS	CHICKEN CORDON BLEU	GRILLED PORK LOIN	FRIED OYSTERS	BAKED COD W/ PARMESAN & GARLIC BUTTER	CHICKEN & ANDOUILLE GUMBO	SMOKED ROTISSERIE SEASONED CHICKEN
SIDES AT DINNER						
GARLIC RED POTATOES	PASTA A&M	CREAMY GARLIC SHELLS	BROCCOLI RICE PILAF	MASHED POTATOES	PASTA A&M	MAC & CHEESE
WHITE RICE & GRAVY	AUGRATIN POTATOES	WILD RICE	BAKERS AND SWEETS	GARLIC PARMESAN RICE	WHITE RICE	MASHED POTATOES & GRAVY
KALE	SPINACH	BRUSSEL SPROUTS	FRIED ZUCCHINI	GREEN PEAS	SUGAR SNAPS	SEASONED GREEN BEANS
CORN	CAPRI BLEND	ROASTED CAULIFLOWER	MUSHROOMS	BUTTERNUT SQUASH	ROASTED VEGETABLES	SAUTEED YELLOW SQUASH & ONIONS
Weekday Hours			Weekend & Holiday Hours			
Breakfast	6:30 AM – 7:45 AM				Breakfast	8:00 AM – 9:15 AM
Lunch	11:00 AM – 1:00 PM				Lunch	11:30 AM – 1:00 PM
Dinner	4:15 PM – 7:00 PM				Dinner	5:30 PM – 7:00 PM

An Entrée consists of one item as listed in the Entrée Section



MONDAY Week 4 9/30/2019	TUESDAY Week 4 10/1/2019	WEDNESDAY Week 4 10/2/2019	THURSDAY Week 4 10/3/2019	FRIDAY Week 4 10/4/2019	SATURDAY Week 4 10/5/2019	SUNDAY Week 4 10/6/2018
BREAKFAST						
PANCAKES	FRENCH TOAST	WAFFLES	PANCAKES	FRENCH TOAST	WAFFLES	PANCAKES
SAUSAGE PATTIES	CORNER BEEF HASH	HAM	SMOKED SAUSAGE	SAUSAGE PATTIES	SPICY CHICKEN	SAUSAGE LINKS
EGGS BENEDICT	BREAKFAST CASSEROLE	BREAKFAST BURRITOS	BREAKFAST ENCHILADAS	HAM & CHEESE EGGS	BREAKFAST CASSEROLE	BREAKFAST QUICHE
LUNCH ENTRÉE						
HERBED CHICKEN MARSALA	BEEF BULGOGI	FRIED CHICKEN & BISCUITS	FAJITA THURSDAY CHICKEN CARNE ASADA SHRIMP	BBQ PULLED PORK	PARMESAN MEATBALL SUBS	GRILLED ITALIAN SAUSAGE W/ PEPPERS & ONIONS
BRAISED MEATBALLS W/ MARINARA	BOURBON CHICKEN	BAKED CHICKEN		STUFFED TILAPIA	BONELESS WINGS	BEEFY MAC
** HEIRLOOM CHERRY TOMATOES, MOZZARELLA AND HERB PESTO PIZZA	**GARLIC SESAME NOODLES	GROUND BEEF STUFFED PEPPERS		**FRIED GREEN TOMATOES W/ ROASTED RED PEPPER AIOLI	**MANICOTTI	** PASTA PRIMAVERA
		**BROCCOLI BAKE		** GRILLED PORTOBELLO & POLBANO FAJITAS	JALAPENO CHEDDAR CORN MUFFINS	
SIDES AT LUNCH						
PASTA A & M	JASMINE RICE	WHITE RICE	CILANTRO LIME RICE	RED RICE	PASTA A&M	YELLOW RICE
RICE PILAF	EGG ROLLS	SOUR CREAM & GREEN ONION RED MASHED POTATOES	BLACK BEANS	MAC & CHEESE	POTATO WEDGES	AUGRATIN POTATOES
PARMESAN GARLIC ROASTED TOMATOES	GLAZED CARROTS	COLLARDS	ROASTED SQUASH & ZUCCHINI	BBQ BAKED BEANS	GARLIC KALE	GREEN PEAS
ITALIAN BLEND	SUGAR SNAPS	OKRA & TOMATOES	SPICY CORN	SOUTHERN GREEN BEANS	SUCCOTASH	CARROTS
DAILY SOUPS						
Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
ITALIAN MINESTRONE SOUP	CHICKEN & RICE SOUP	CHILI	CORN CHOWDER	LOADED POTATO SOUP	GARDEN VEG. SOUP	CREAM OF BROCCOLI
DINNER ENTRÉE						
CHICKEN POT PIE	PINEAPPLE GLAZED CHICKEN THIGHS	SEARED LEMON FLOUNDER	BEEF BRISKET	SMOKED RIBS	BAKED CATFISH	GRILLED FLANK STEAK W/ ROSEMARY
HERB ROASTED PORK LOIN	GRILLED BRATSWURST	BEEF BOURGUIGNON	CRAB CAKES	GRILLED CHICKEN WINGS	HONEY DIJON GRILLED PORK TENDERLOIN	WINE BRAISED CHICKEN BREASTS
SIDES AT DINNER						
AUGRATIN POTATOES	GARDEN BLEND RICE PILAF	BROWN RICE	BAKED POTATOES	DIRTY RICE	PASTA A&M	MASHED POTATOES & GRAVY
WHITE RICE	PARMESAN PASTA	ROASTED POTATOES	SWEET POTATOES	THREE CHEESE SCALLOPED POTATOES	WILD RICE	LEMON RICE
GREEN BEANS	STEAMED BROCCOLI	SAUTEED VEGGIE MEDLY	OVEN ROASTED VEGETABLES		PARMESAN BRUSSELS SPROUTS	PARMESAN ASPARAGUS
SUCCOTASH	SAUTEED SQUASH	GARLIC SPINACH	MUSHROOMS	CORN ON THE COB	STEAMED CARROTS	BLISTERED CHERRY TOMATOES
Weekday Hours					Weekend & Holiday Hours	
Breakfast	6:30 AM – 7:45 AM				Breakfast	8:00 AM – 9:15 AM
Lunch	11:00 AM – 1:00 PM				Lunch	11:30 AM – 1:00 PM
Dinner	4:15 PM – 7:00 PM				Dinner	5:30 PM – 7:00 PM
An Entrée consists of one item as listed in the Entrée Section						



Field Services

MONDAY Week 5 10/7/2019	TUESDAY Week 5 10/8/2019	WEDNESDAY Week 5 10/9/2019	THURSDAY Week 5 10/10/2019	FRIDAY Week 5 10/11/2019	SATURDAY Week 5 10/12/2019	SUNDAY Week 5 10/13/2019
BREAKFAST						
PANCAKES	FRENCH TOAST	WAFFLES	PANCAKES	FRENCH TOAST	WAFFLES	PANCAKES
SAUSAGE PATTIES	CORNED BEEF HASH	HAM	SAUSAGE LINKS	SMOKED SAUSAGE	SAUSAGE PATTIES	TURKEY SMOKED SAUSAGE
EGGS BENEDICT	BREAKFAST CASSEROLE	BREAKFAST ENCHILADAS	BREAKFAST BURRITOS	BREAKFAST CASSEROLE	HAM AND CHEESE EGGS	BREAKFAST CASSEROLE
LUNCH ENTRÉE						
BAKED ALMOND CRUSTED COD	SPICY CHICKEN PARMESAN	FRIED CHICKEN	TACO THURSDAY SEASONED GROUND BEEF GROUND TURKEY	PULLED PORK	PHILLY CHEESE STEAKS	SPAGHETTI W/ MEATSAUCE
STEAK TIPS W/ ONIONS & PEPPERS	SHRIMP SCAMPI	HERB BAKED CHICKEN	SHREDDED CHICKEN	FRIED WHITING	CHICKEN TENDERS	HERB GARLIC BAKED TILAPIA
**ZUCCHINI PATTIES	**STUFFED EGGPLANT PARMESAN	BBQ GLAZED MEATBALLS	MEXICAN VEGTARIAN TOSTADAS	**BROCCOLI QUINOA BAKE	** VEGGIE PITA PIZZA	**MANICOTTI
				HUSHPUPIES & COLESLAW		
SIDES AT LUNCH						
BROCCOLI ORZO	PASTA A&M	MASHED POTATOES & GRAVY	SPANISH RICE	RED RICE	PASTA A&M	ROASTED POTATOES
SAUTEED POTATOES	RICE PILAF	MAC & CHEESE	PINTO BEANS	SLO BAKED BEANS	POTATO WEDGES	BROWN RICE
BROCCOLI	GARLIC SPINACH	COLLARDS	MEXICAN CORN	SOUTHERN FRIED CABBAGE	GRILLED VEG.	CALIFORNIA BLEND
GRILLED VEGGIES	RATATOUILLE	BLACK-EYED PEAS	SQUASH & ZUCCHINI BLEND	SQUASH CASSEROLE	BROCCOLI	ASPARAGUS
DAILY SOUPS						
Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
SHE CRAB SOUP	BROCCOLI CHEDDAR SOUP	CHILI	CHICKEN TORTILLA	LOADED POTATO	TOMATO FLORENTINE	CHICKEN NOODLE
DINNER ENTRÉE						
GARLIC ROSEMARY PORK LOIN	BAKED HADDOCK	BEEF STIR-FRY	NY STRIP	SLOPPY JOES	GARLIC HERBED SEARED TUNA STEAKS	BEEF POT ROAST
COUNTRY FRIED STEAK	GARLIC BUTTER CHICKEN THIGHS	GARLIC GINGER PORK RIBS	SEARED BAY SCALLOPS	HICKORY SMOKED CHICKEN	GRILLED PORK CHOPS	SMOKED TURKEY
SIDES AT DINNER						
AUGRATIN POTATOES	PARMESAN CAULIFLOWER RICE	VEG. LO MEIN	LINGUINE W/ SAUCE	YELLOW RICE	SAUTEED DICED POTATOES	MASHED POTATOES & GRAVY
WHITE RICE & GRAVY	ROSEMARY ROASTED POTATOES	JASMINE RICE	BAKERS & SWEETS	PLATTER FRIES	WILD RICE	CHEESY PASTA BAKE
SAUTEED KALE	FRESH GREEN BEANS & ROASTED TOMATOES	BROCCOLLINI	MUSHROOMS	GREEN BEANS	GRILLED ZUCCHINI	YELLOW CORN
ROASTED VEG.	CARROTS	ASIAN BLEND	ROASTED TOMATOES	MIXED VEGETABLES	SLICED CARROTS	NORTHERN BEANS
Weekday Hours			Weekend & Holiday Hours			
Breakfast	6:30 AM – 7:45 AM			Breakfast	8:00 AM – 9:15 AM	
Lunch	11:00 AM – 1:00 PM			Lunch	11:30 AM – 1:00 PM	
Dinner	4:15 PM – 7:00 PM			Dinner	5:30 PM – 7:00 PM	
An Entrée consists of one item as listed in the Entrée Section						