---

**SUNDAY LUNCH**

<table>
<thead>
<tr>
<th>ENTRÉES</th>
<th>SIDES $0.55/$0.80</th>
</tr>
</thead>
<tbody>
<tr>
<td>SALISBURY STEAK $1.80</td>
<td>mashed potatoes</td>
</tr>
<tr>
<td>BAKED TILAPIA $1.80</td>
<td>green bean casserole</td>
</tr>
<tr>
<td>BEEF RAVIOLI $1.80</td>
<td>Broccoli</td>
</tr>
<tr>
<td>BAKED HAM $1.80</td>
<td>sweet potato fries</td>
</tr>
<tr>
<td></td>
<td>stewed tomatoes</td>
</tr>
<tr>
<td></td>
<td>carrots</td>
</tr>
<tr>
<td></td>
<td>vegetable medley</td>
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**MIDNIGHT DINNER**

<table>
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<tr>
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<tbody>
<tr>
<td>CABBAGE ROLLS $1.80</td>
<td>spanish rice</td>
</tr>
<tr>
<td>POLISH SAUSAGE $1.80</td>
<td>o'brien potatoes</td>
</tr>
<tr>
<td>TAQUITOS $1.80</td>
<td>green beans</td>
</tr>
<tr>
<td>CHICKEN &amp; SEASONED POTATOES $1.80</td>
<td>sauerkraut</td>
</tr>
<tr>
<td></td>
<td>zucchini</td>
</tr>
<tr>
<td></td>
<td>cauliflower</td>
</tr>
<tr>
<td></td>
<td>assorted vegetables</td>
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**MONDAY LUNCH**

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<thead>
<tr>
<th>ENTRÉES</th>
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<tbody>
<tr>
<td>VEAL PARMESAN $2.70</td>
<td>o'brien potatoes</td>
</tr>
<tr>
<td>TAMALE $1.80</td>
<td>italian pasta</td>
</tr>
<tr>
<td>LASAGNA $1.80</td>
<td>corn</td>
</tr>
<tr>
<td>CHICKEN RICE CASSEROLE $1.80</td>
<td>green peas</td>
</tr>
<tr>
<td></td>
<td>steamed rice</td>
</tr>
<tr>
<td></td>
<td>turnip greens</td>
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<tr>
<td></td>
<td>Italian blend</td>
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**MONDAY DINNER**

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<thead>
<tr>
<th>ENTRÉES</th>
<th>SIDES $0.55/$0.80</th>
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</thead>
<tbody>
<tr>
<td>SAUSAGE &amp; POTATOES $1.80</td>
<td>mashed potatoes</td>
</tr>
<tr>
<td>SWEET &amp; SOUR MEATBALLS $1.80</td>
<td>corn</td>
</tr>
<tr>
<td>FRIED COD $1.80</td>
<td>dressing</td>
</tr>
<tr>
<td>ROAST TURKEY $1.80</td>
<td>rice</td>
</tr>
<tr>
<td></td>
<td>spinach</td>
</tr>
<tr>
<td></td>
<td>green bean casserole</td>
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<tr>
<td></td>
<td>vegetable blend</td>
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**TUESDAY LUNCH**

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<thead>
<tr>
<th>ENTRÉES</th>
<th>SIDES $0.55/$0.80</th>
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<tbody>
<tr>
<td>RED CHILE PORK $1.80</td>
<td>mashed potatoes</td>
</tr>
<tr>
<td>CHICKEN FRIED CHICKEN $1.80</td>
<td>Mexican rice</td>
</tr>
<tr>
<td>RIGATONI &amp; ITALIAN SAUSAGE $1.80</td>
<td>Squash</td>
</tr>
<tr>
<td>BAKED SALMON $2.70</td>
<td>Carrots</td>
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<tr>
<td></td>
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<td>Green beans</td>
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**TUESDAY DINNER**

<table>
<thead>
<tr>
<th>ENTRÉES</th>
<th>SIDES $0.55/$0.80</th>
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<tbody>
<tr>
<td>PORK CHOW MEIN $1.80</td>
<td>spicy potatoes</td>
</tr>
<tr>
<td>BBQ BEEF BRISKET $1.80</td>
<td>Stir fried rice</td>
</tr>
<tr>
<td>GREEN CHILE CHICKEN PASTA $1.80</td>
<td>Green peas</td>
</tr>
<tr>
<td>CITRUS FISH $1.80</td>
<td>Ranch beans</td>
</tr>
<tr>
<td></td>
<td>Green beans</td>
</tr>
<tr>
<td></td>
<td>Carrots</td>
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<td>Stir fried vegetables</td>
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**WEDNESDAY LUNCH**

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<thead>
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<tr>
<td>PICADILLO $1.80</td>
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<tr>
<td>TURKEY POT PIE $1.80</td>
<td>Mexican rice</td>
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<tr>
<td>GARLIC SHRIMP Linguine $1.80</td>
<td>Squash</td>
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<tr>
<td>GREEN CHILE PORK STEAK $3.60</td>
<td>Carrots</td>
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<tr>
<td></td>
<td>Corn</td>
</tr>
<tr>
<td></td>
<td>Winter blend</td>
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<td>Green beans</td>
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**WEDNESDAY DINNER**

<table>
<thead>
<tr>
<th>ENTRÉES</th>
<th>SIDES $0.55/$0.80</th>
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<tbody>
<tr>
<td>T-BONE $7.15</td>
<td>baked potato</td>
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<tr>
<td>CRAB CAKES $2.70</td>
<td>Corn on the cob</td>
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<tr>
<td>SPAGHETTI &amp; MEATBALLS $1.80</td>
<td>Brussels sprouts</td>
</tr>
<tr>
<td>BUFFALO CHICKEN $1.80</td>
<td>Broccoli</td>
</tr>
<tr>
<td></td>
<td>Steak fries</td>
</tr>
<tr>
<td></td>
<td>Zucchini &amp; carrots</td>
</tr>
<tr>
<td></td>
<td>Italian blend</td>
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**THURSDAY LUNCH**

<table>
<thead>
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<th>ENTRÉES</th>
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<tbody>
<tr>
<td>BROCCOLI SAUSAGE PASTA $1.80</td>
<td>spanish rice</td>
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<tr>
<td>RED CHILE BEEF ENCHILADAS $1.80</td>
<td>Green beans</td>
</tr>
<tr>
<td>POLLO CON Mole $1.80</td>
<td>Mexican beans</td>
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<tr>
<td>CRUSTED TILAPIA $1.80</td>
<td>Spinach</td>
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<tr>
<td></td>
<td>Stewed tomatoes</td>
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<tr>
<td></td>
<td>Carrots</td>
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**THURSDAY DINNER**

<table>
<thead>
<tr>
<th>ENTRÉES</th>
<th>SIDES $0.55/$0.80</th>
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</thead>
<tbody>
<tr>
<td>TORTILLA BEAN CASSEROLE $1.45</td>
<td>Steamed rice</td>
</tr>
<tr>
<td>FLAUTAS $1.80</td>
<td>Green beans</td>
</tr>
<tr>
<td>BBQ PORK RIBS $1.80</td>
<td>Squash</td>
</tr>
<tr>
<td>MANICOTTI $1.45</td>
<td>Baked beans</td>
</tr>
<tr>
<td></td>
<td>Turnip greens</td>
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<tr>
<td></td>
<td>Vegetable blend</td>
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**FRIDAY LUNCH**

<table>
<thead>
<tr>
<th>ENTRÉES</th>
<th>SIDES $0.55/$0.80</th>
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</thead>
<tbody>
<tr>
<td>BEEF FAJITAS $1.80</td>
<td>mexican rice</td>
</tr>
<tr>
<td>POLISH SAUSAGE $1.80</td>
<td>Corn</td>
</tr>
<tr>
<td>CATFISH $1.80</td>
<td>Calabacitas</td>
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<tr>
<td>CHICKEN MARSALA $1.80</td>
<td>Tuscan potatoes</td>
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<tr>
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<td>Green peas</td>
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<tr>
<td></td>
<td>Winter blend</td>
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<tr>
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<td>Sauerkraut</td>
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**FRIDAY DINNER**

<table>
<thead>
<tr>
<th>ENTRÉES</th>
<th>SIDES $0.55/$0.80</th>
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</thead>
<tbody>
<tr>
<td>BBQ CHICKEN $1.80</td>
<td>Seasoned potatoes</td>
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<tr>
<td>MEXICAN PORK STEAK $1.80</td>
<td>Zucchini</td>
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<tr>
<td>HAM CASSEROLE $1.80</td>
<td>Spanish rice</td>
</tr>
<tr>
<td>LEMON BAKED FISH $1.80</td>
<td>Ranch beans</td>
</tr>
<tr>
<td></td>
<td>Okra &amp; tomatoes</td>
</tr>
<tr>
<td></td>
<td>Mixed vegetables</td>
</tr>
</tbody>
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**SATURDAY LUNCH**

<table>
<thead>
<tr>
<th>ENTRÉES</th>
<th>SIDES $0.55/$0.80</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHICKEN STRIPS $1.80</td>
<td>mashed potatoes</td>
</tr>
<tr>
<td>ASSORTED PIZZA $1.80</td>
<td>Mexican hominy</td>
</tr>
<tr>
<td>VEGETABLE FETTUCCINE $1.45</td>
<td>Green beans</td>
</tr>
<tr>
<td>STEAK TAMPIQUENA $1.80</td>
<td>Broccoli</td>
</tr>
<tr>
<td></td>
<td>Cauliflower</td>
</tr>
<tr>
<td></td>
<td>Peas &amp; carrots</td>
</tr>
<tr>
<td></td>
<td>California blend</td>
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</tbody>
</table>

**SATURDAY DINNER**

<table>
<thead>
<tr>
<th>ENTRÉES</th>
<th>SIDES $0.55/$0.80</th>
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</thead>
<tbody>
<tr>
<td>STEAK FINGERS $1.80</td>
<td>mashed potatoes</td>
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<tr>
<td>BBQ SAUSAGE $1.80</td>
<td>Green beans</td>
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<tr>
<td>ITALIAN BEEF PASTA $1.80</td>
<td>White rice</td>
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<tr>
<td>CHICKEN CACCIATORE $1.80</td>
<td>Spinach</td>
</tr>
<tr>
<td></td>
<td>Stewed tomatoes</td>
</tr>
<tr>
<td></td>
<td>Baked beans</td>
</tr>
<tr>
<td></td>
<td>Assorted vegetables</td>
</tr>
</tbody>
</table>

---

2,000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional nutritional information available upon request.
**ENTRÉES**

- **THURSDAY LUNCH**
  - MEXICAN BRISKET $1.80
  - HERB CHICKEN $1.80
  - MANICOTTI $1.45
  - BAKED SALMON $2.70

- **THURSDAY DINNER**
  - MEXICAN STEAK $1.80
  - HAM CASSEROLE $1.80
  - CHICKEN STIR FRY $1.80
  - BAKED FISH $1.80

- **FRIDAY LUNCH**
  - PORK CHOP SUEY $1.80
  - BEEF & BEAN BURRITOS $1.80
  - CATFISH $1.80
  - RED CHILE CHICKEN $1.80

- **FRIDAY DINNER**
  - MEXICAN STEAK $1.80
  - HAM CASSEROLE $1.80
  - CHICKEN STIR FRY $1.80
  - BAKED FISH $1.80

- **SATURDAY LUNCH**
  - PEPPER STEAK $1.80
  - TAQUITOS $1.80
  - STUFFED SHELLS $1.45
  - BBQ CHICKEN $1.80

- **SATURDAY DINNER**
  - MEXICAN STEAK $1.80
  - HAM CASSEROLE $1.80
  - CHICKEN STIR FRY $1.80
  - BAKED FISH $1.80

**SIDES $0.55/$0.80**

- **THURSDAY LUNCH**
  - seasoned potatoes
  - baked beans
  - broccoli
  - corn & peas
  - Italian pasta
  - sauerkraut
  - vegetable medley

- **THURSDAY DINNER**
  - CHICKEN FAJITAS $1.80
  - SWISS STYLE STEAK $1.80
  - TAMALE $1.80
  - FEETTUCCINE ALFREDO $1.45

- **MONDAY LUNCH**
  - BAKED HAM $1.80
  - CHICKEN FRIED STEAK $1.80
  - PEPPERONI PASTA $1.80
  - CITRUS FISH $1.80

- **MONDAY DINNER**
  - green rice
  - pinto beans
  - corn
  - carrots
  - squash
  - assorted vegetables

- **TUESDAY LUNCH**
  - GREEN CHILE BEEF ENCHILADAS $1.80
  - JAMBALAYA $1.80
  - BEEF RAVIOLI $1.80
  - SOUTHWEST CHICKEN $1.80

- **TUESDAY DINNER**
  - PRIME RIB $7.15
  - CALAMARI $2.70
  - SHRIMP FRIED RICE $1.80
  - STUFFED SHELLS $1.45

- **WEDNESDAY LUNCH**
  - GREEN CHILE BEEF ENCHILADAS $1.80
  - JAMBALAYA $1.80
  - BEEF RAVIOLI $1.80
  - SOUTHWEST CHICKEN $1.80

- **WEDNESDAY DINNER**
  - MEXICAN BRISKET $1.80
  - HERB CHICKEN $1.80
  - MANICOTTI $1.45
  - BAKED SALMON $2.70

- **FRIDAY LUNCH**
  - MEXICAN STEAK $1.80
  - HAM CASSEROLE $1.80
  - CHICKEN STIR FRY $1.80
  - BAKED FISH $1.80

- **FRIDAY DINNER**
  - MEXICAN STEAK $1.80
  - HAM CASSEROLE $1.80
  - CHICKEN STIR FRY $1.80
  - BAKED FISH $1.80

- **SATURDAY LUNCH**
  - PEPPER STEAK $1.80
  - TAQUITOS $1.80
  - STUFFED SHELLS $1.45
  - BBQ CHICKEN $1.80

- **SATURDAY DINNER**
  - MEXICAN STEAK $1.80
  - HAM CASSEROLE $1.80
  - CHICKEN STIR FRY $1.80
  - BAKED FISH $1.80

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2,000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional nutritional information available upon request.
<table>
<thead>
<tr>
<th>SUNDAY LUNCH</th>
<th>SUNDAY DINNER</th>
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<tbody>
<tr>
<td><strong>ENTRÉES</strong></td>
<td><strong>ENTRÉES</strong></td>
</tr>
<tr>
<td>POT ROAST $2.70</td>
<td>BBQ PORK RIBS $1.80</td>
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<tr>
<td>ASSORTED PIZZA $1.80</td>
<td>VEAL $2.70</td>
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<tr>
<td>POLLOCK STRIPS $1.80</td>
<td>PORK STIR FRY $1.80</td>
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<tr>
<td>PORK CUTLET $3.60</td>
<td>BAKED TILAPIA $1.80</td>
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<td><strong>SIDES</strong> $0.55/$0.80</td>
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<tr>
<td>mashed potatoes</td>
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<tr>
<td>brussel sprouts</td>
<td>okra &amp; tomatoes</td>
</tr>
<tr>
<td>zucchini</td>
<td>corn</td>
</tr>
<tr>
<td>corn</td>
<td>peas</td>
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<tr>
<td>steak fries</td>
<td>turnip greens</td>
</tr>
<tr>
<td>carrots</td>
<td>stir fry vegetables</td>
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<tr>
<td>assorted vegetable</td>
<td>baked beans</td>
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<table>
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<th><strong>ENTRÉES</strong></th>
<th><strong>ENTRÉES</strong></th>
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<tbody>
<tr>
<td>COUNTRY STYLE STEAK $1.80</td>
<td>RED CHILE BEEF ENCHILADA $1.80</td>
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<td>FRIED SHRIMP $2.70</td>
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<td>POLISH SAUSAGE $1.80</td>
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<tr>
<td>HERB CHICKEN $1.80</td>
<td>FETTUCCINE ALFREDO $1.45</td>
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<td><strong>SIDES</strong> $0.55/$0.80</td>
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<td>fried okra</td>
<td>calabacitas</td>
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<tr>
<td>rice</td>
<td>peas</td>
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<tr>
<td>Sweet potato fries</td>
<td>mixed vegetable</td>
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<tr>
<td>mixed vegetables</td>
<td>stewed tomatoes</td>
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<tr>
<th><strong>ENTRÉES</strong></th>
<th><strong>ENTRÉES</strong></th>
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</thead>
<tbody>
<tr>
<td>VEGETABLE LASAGNA $1.45</td>
<td>RIB EYE $7.15</td>
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<td>COCONUT SHRIMP $2.70</td>
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<td>STEAK TAMPICOQUENA $1.80</td>
<td>JAMBALAYA $1.80</td>
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<tr>
<td>CITRUS FISH $1.80</td>
<td>GR. CHILE CHICKEN PASTA $1.80</td>
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<td><strong>SIDES</strong> $0.55/$0.80</td>
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<tr>
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<tr>
<td>green bean casserole</td>
<td>corn on the cob</td>
</tr>
<tr>
<td>broccoli</td>
<td>rice</td>
</tr>
<tr>
<td>fried okra</td>
<td>green beans</td>
</tr>
<tr>
<td>zucchini</td>
<td>carrots</td>
</tr>
<tr>
<td>cabbage</td>
<td>broccoli</td>
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<tr>
<td>corn</td>
<td>vegetable blend</td>
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<tr>
<td>cauliflower</td>
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<td>assorted vegetable</td>
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<tr>
<th><strong>ENTRÉES</strong></th>
<th><strong>ENTRÉES</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>SWEET &amp; SOUR MEATBALLS $1.80</td>
<td>BBQ BRISKET $1.80</td>
</tr>
<tr>
<td>SPRING ROLLS $1.80</td>
<td>SAUSAGE &amp; PEPPERS $1.80</td>
</tr>
<tr>
<td>PORK STEAK w/ ONIONS $3.60</td>
<td>STUFFED SHELLS $1.80</td>
</tr>
<tr>
<td>SHRIMP FETTUCCINE ALFREDO $1.80</td>
<td>CHICKEN FRIED CHICKEN $1.80</td>
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<td><strong>SIDES</strong> $0.55/$0.80</td>
<td><strong>SIDES</strong> $0.55/$0.80</td>
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<tr>
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<td>oriental blend</td>
<td>turnip greens</td>
</tr>
<tr>
<td>mixed squash</td>
<td>stewed tomatoes</td>
</tr>
<tr>
<td>broccoli &amp; cauliflower</td>
<td>brussel sprouts</td>
</tr>
<tr>
<td>carrots</td>
<td>assorted vegetables</td>
</tr>
<tr>
<td>turnip greens</td>
<td>ranch beans</td>
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<th><strong>ENTRÉES</strong></th>
<th><strong>ENTRÉES</strong></th>
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</thead>
<tbody>
<tr>
<td>PICADILLO $1.80</td>
<td>BBQ SAUSAGE $1.80</td>
</tr>
<tr>
<td>ROAST TURKEY $1.80</td>
<td>BEEF RAVIOLI $1.80</td>
</tr>
<tr>
<td>PEPPERONI PASTA $1.80</td>
<td>FLAUTAS $1.80</td>
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<td>BAKED SALMON $2.70</td>
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<tr>
<td>SALISBURY STEAK $1.80</td>
<td>CORDON BLEU $3.80</td>
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<td>CATFISH $1.80</td>
<td>GR. CHILE CHKN ENCHILADAS $1.80</td>
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<td>SMOTHERED BURRITOS $1.80</td>
<td>TAMALES $1.80</td>
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<td>SPAGHETTI w/ MARINARA $1.45</td>
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### ENTRÉES

#### SUNDAY LUNCH
- CHINESE PORK & NOODLES $1.80
- STUFFED BELL PEPPERS $1.80
- FRIED POLLOCK $1.80
- CHICKEN CACCIATORE $1.80

#### SUNDAY DINNER
- CHILI MAC $1.80
- OREGANO CHICKEN $1.80
- BBQ PORK RIBS $1.80
- BAKED TILAPIA $1.80

#### MONDAY LUNCH
- VEAL PARMESAN $2.70
- CRUSTED TILAPIA $1.80
- MANICOTTI $1.45
- BUFFALO CHICKEN $1.80

#### MONDAY DINNER
- mexican rice
- steak fries
- California blend
- green peas
- squash & tomatoes
- assorted vegetables

#### TUESDAY LUNCH
- FRIED SHRIMP $2.70
- PICADILLO $1.80
- JAMBALAYA $1.80
- CHICKEN & POTATOES $1.80

#### TUESDAY DINNER
- PRIME RIB $7.15
- CALAMARI $2.70
- TAQUITOS $1.80
- VEGETABLE SPAGHETTI $1.45

#### WEDNESDAY LUNCH
- FRIED COD $1.80
- RED CHILE BEEF ENCHILADAS $1.80
- CABBAGE ROLLS $1.80
- BBQ PULLED PORK $1.80

#### WEDNESDAY DINNER
- BREAKFAST 6:00-8:00
- LUNCH 11:00-1:00
- DINNER 4:30-7:15

#### THURSDAY LUNCH
- CHICKEN FRIED STEAK $1.80
- RED CHILE PORK $1.80
- TACHTILLAS BEAN CASSEROLE $1.45
- ROAST TURKEY $1.80

#### THURSDAY DINNER
- PORK CHOPS w/G.R.CHALI $3.60
- BEEF BROCCOLI STIR FRY $1.80
- CHICKEN FRIED CHICKEN $1.80
- FISH ITALIANO $1.80

#### FRIDAY LUNCH
- CHICKEN FAJITAS $1.80
- STUFFED SHELLS $1.45
- CATFISH $1.80
- ITALIAN STYLE STEAK $1.80

#### FRIDAY DINNER
- HERB POT ROAST $2.70
- TAMALES $1.80
- VEGETABLE LASAGNA $1.45
- CAJUN STYLE CHICKEN $1.80

#### SATURDAY LUNCH
- BEEF RAVIOLI $1.80
- BEEF & BEAN BURRITOS $1.80
- SAUSAGE & PEPPERS $1.80
- BBQ CHICKEN $1.80

#### SATURDAY DINNER
- AU GRATIN POT & HAM $1.80
- MEXICAN STEAK $1.80
- CHICKEN STRIPS $1.80
- BAKED TILAPIA $1.80

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**THURSDAY DINNER**

SIDES $0.55/$0.80
- mashed potatoes
- white rice
- corn
- green peas
- stewed tomatoes
- zucchini
- assorted vegetables

**MONDAY DINNER**

ENTRÉES
- FETTUCCINE ALFREDO $1.45
- CHICKEN POT PIE $1.80
- COUNTRY STYLE STEAK $1.80
- BAKED FISH $1.80

SIDES $0.55/$0.80
- mashed potatoes
- white rice
- corn
- green peas
- stewed tomatoes
- zucchini
- assorted vegetables

**SIDES**

- potato casserole
- Spanish rice
- Italian pasta
- carrots
- corn
- vegetable medley
- green beans

**ENTRÉES**

- VEAL $2.70
- RED CHILE CHEESE ENCHILADA $1.45
- COUNTRY STYLE STEAK $1.80
- BAKED FISH $1.80

**ENTRÉES**

- SHrimp Broccoli Stir Fry $1.80
- SPRING ROLLS $1.80
- HAM CASSEROLE $1.80
- CILANTRO CHICKEN $1.80

**SIDES**

- mashed potatoes
- white rice
- corn
- green peas
- stewed tomatoes
- zucchini
- assorted vegetables

**SIDES**

- potato casserole
- Spanish rice
- Italian pasta
- carrots
- corn
- vegetable medley
- green beans

**ENTRÉES**

- FRIED SAUSAGE $1.80
- VEGETABLE SPAGHETTI $1.45
- PICADILLO $1.80
- SOUTHWESTERN CHICKEN $1.80

**SIDES**

- mashed potatoes
- white rice
- corn
- green peas
- stewed tomatoes
- zucchini
- assorted vegetables

**ENTRÉES**

- FETTUCCINE ALFREDO $1.45
- CHICKEN POT PIE $1.80
- COUNTRY STYLE STEAK $1.80
- BAKED FISH $1.80

SIDES $0.55/$0.80
- mashed potatoes
- white rice
- corn
- green peas
- stewed tomatoes
- zucchini
- assorted vegetables

**SIDES**

- potato casserole
- Spanish rice
- Italian pasta
- carrots
- corn
- vegetable medley
- green beans

**ENTRÉES**

- VEAL $2.70
- RED CHILE CHEESE ENCHILADA $1.45
- COUNTRY STYLE STEAK $1.80
- BAKED FISH $1.80

**ENTRÉES**

- FRIED SAUSAGE $1.80
- VEGETABLE SPAGHETTI $1.45
- PICADILLO $1.80
- SOUTHWESTERN CHICKEN $1.80

**SIDES**

- mashed potatoes
- white rice
- corn
- green peas
- stewed tomatoes
- zucchini
- assorted vegetables

**SIDES**

- potato casserole
- Spanish rice
- Italian pasta
- carrots
- corn
- vegetable medley
- green beans

**ENTRÉES**

- FRIED SAUSAGE $1.80
- VEGETABLE SPAGHETTI $1.45
- PICADILLO $1.80
- SOUTHWESTERN CHICKEN $1.80

**SIDES**

- mashed potatoes
- white rice
- corn
- green peas
- stewed tomatoes
- zucchini
- assorted vegetables

**SIDES**

- potato casserole
- Spanish rice
- Italian pasta
- carrots
- corn
- vegetable medley
- green beans

**ENTRÉES**

- FRIED SAUSAGE $1.80
- VEGETABLE SPAGHETTI $1.45
- PICADILLO $1.80
- SOUTHWESTERN CHICKEN $1.80

**SIDES**

- mashed potatoes
- white rice
- corn
- green peas
- stewed tomatoes
- zucchini
- assorted vegetables

**SIDES**

- potato casserole
- Spanish rice
- Italian pasta
- carrots
- corn
- vegetable medley
- green beans

**ENTRÉES**

- FRIED SAUSAGE $1.80
- VEGETABLE SPAGHETTI $1.45
- PICADILLO $1.80
- SOUTHWESTERN CHICKEN $1.80

**SIDES**

- mashed potatoes
- white rice
- corn
- green peas
- stewed tomatoes
- zucchini
- assorted vegetables

**SIDES**

- potato casserole
- Spanish rice
- Italian pasta
- carrots
- corn
- vegetable medley
- green beans

**ENTRÉES**

- FRIED SAUSAGE $1.80
- VEGETABLE SPAGHETTI $1.45
- PICADILLO $1.80
- SOUTHWESTERN CHICKEN $1.80

**SIDES**

- mashed potatoes
- white rice
- corn
- green peas
- stewed tomatoes
- zucchini
- assorted vegetables

**SIDES**

- potato casserole
- Spanish rice
- Italian pasta
- carrots
- corn
- vegetable medley
- green beans
### Monday Lunch

**Entrées**
- Veal Parmesan $2.70
- Tamales $1.80
- Lasagna $1.80
- Chicken Fried Chicken $1.80
- Rigatoni & Italian Sausage $1.80
- Baked Salmon $2.70

**Sides**
- Mashed Potatoes
- Rice Primavera
- Corn
- Zucchini
- Cauliflower
- Pinto Beans
- Assorted Vegetables

### Monday Dinner

**Entrées**
- Sausage & Potatoes $1.80
- Sweet & Sour Meatballs $1.80
- Fried Cod $1.80
- Roast Turkey $1.80

**Sides**
- Spanish rice
- O'brien Potatoes
- Green Beans
- Ranch Beans
- Green Beans
- Carrots
- Assorted Vegetables

### Tuesday Lunch

**Entrées**
- Red Chile Pork $1.80
- Chicken Fried Chicken $1.80
- Rigatoni & Italian Sausage $1.80
- Baked Salmon $2.70

**Sides**
- Mashed Potatoes
- Mexican Rice
- Squash
- Carrots
- Corn
- Winter Blend
- Green Beans

### Tuesday Dinner

**Entrées**
- Pork Chow Mein $1.80
- BBQ Beef Brisket $1.80
- Green Chile Chicken Pasta $1.80
- Citrus Fish $1.80

**Sides**
- Baked Potato
- Corn on the Cob
- Brussel Sprouts
- Broccoli
- Steak Fries
- Zucchini & Carrots
- Italian Blend

### Wednesday Lunch

**Entrées**
- Picadillo $1.80
- Turkey Pot Pie $1.80
- Garlic Shrimp Linguine $1.80
- Green Chile Pork Steak $3.60

**Sides**
- Mashed Potatoes
- Rice Primavera
- Corn
- Zucchini
- Cauliflower
- Pinto Beans
- Assorted Vegetables

### Wednesday Dinner

**Entrées**
- T-Bone $7.15
- Crab Cakes $2.70
- Spaghetti & Meatballs $1.80
- Buffalo Chicken $1.80

**Sides**
- Seasoned Potatoes
- Zucchini
- Corn
- Spanish Rice
- Ranch Beans
- Okra & Tomatoes
- Mixed Vegetables

### Thursday Lunch

**Entrées**
- Broccoli Sausage Pasta $1.80
- Red Chile BEEF ENCHILADAS $1.80
- Pollo Con Mole $1.80
- Crusted Tilapia $1.80

**Sides**
- Spanish Rice
- Green Beans
- Mexican Hominy
- Spinach
- Stewed Tomatoes
- Corn
- Calabacitas
- Tuscan Potatoes
- Green Peas
- Winter Blend
- Sauerkraut

### Thursday Dinner

**Entrées**
- Tortilla Bean Casserole $1.45
- Flautas $1.80
- BBQ Pork Ribs $1.80
- Manicotti $1.45

**Sides**
- Steamed Rice
- Green Beans
- Squash
- Baked Beans
- Turnip Greens
- Vegetable Blend

### Friday Lunch

**Entrées**
- Beef Fajitas $1.80
- Polish Sausage $1.80
- Catfish $1.80
- Chicken Marsala $1.80

**Sides**
- Mashed Potatoes
- Mexican hominy
- Green Beans
- Broccoli
- Cauliflower
- Peas & Carrots
- California Blend

### Friday Dinner

**Entrées**
- BBQ Chicken $1.80
- Mexican Pork Steak $1.80
- Ham Casserole $1.80
- Lemon Baked Fish $1.80

**Sides**
- Mashed Potatoes
- Green Beans
- White Rice
- Spinach
- Stewed Tomatoes
- Baked Beans
- Assorted Vegetables

### Saturday Lunch

**Entrées**
- Chicken Strips $1.80
- Assorted Pizza $1.80
- Vegetable Fettuccine $1.45
- Steak Tamariquena $1.80

**Sides**
- Mashed Potatoes
- Mexican hominy
- Green Beans
- Broccoli
- Cauliflower
- Peas & Carrots
- California Blend

### Saturday Dinner

**Entrées**
- Steak Fingers $1.80
- BBQ Sausage $1.80
- Italian Beef Pasta $1.80
- Chicken Cacciator $1.80

**Sides**
- Mashed Potatoes
- Green Beans
- White Rice
- Spinach
- Stewed Tomatoes
- Baked Beans
- Assorted Vegetables
**SUNDAY LUNCH**

**ENTRÉES**
- Texas Chili $1.80
- Chicken Parmesan $1.80
- Polish Sausage $1.80
- Citrus Fish $1.80

**SIDES $0.55/$0.80**
- Seasoned Potatoes
- Baked Beans
- Broccoli
- Corn & Peas
- Italian Pasta
- Sauerkraut
- Vegetable Medley

**SUNDAY DINNER**

**ENTRÉES**
- Chicken Fajitas $1.80
- Swiss Style Steak $1.80
- Tamales $1.80
- Fettuccine Alfredo $1.45

**SIDES $0.55/$0.80**
- Mexican Rice
- Pinto Beans
- Corn
- Carrots
- Zucchini
- Cabbage
- Assorted Vegetables

**MONDAY LUNCH**

**ENTRÉES**
- Baked Ham $1.80
- Chicken Fried Steak $1.80
- Pepperoni Pasta $1.80
- Chicken & Potatoes $1.80

**SIDES $0.55/$0.80**
- Mashed Potatoes
- Sweet Potato Fries
- Mixed Vegetables
- Green Peas
- Carrots
- Squash
- Green Bean Casserole

**MONDAY DINNER**

**ENTRÉES**
- Lasagna $1.80
- Italian Chicken $1.80
- Sausage & Peppers $1.80
- Parmesan Fish $1.80

**SIDES $0.55/$0.80**
- Red Potatoes
- Peas & Corn
- Stewed Tomatoes
- White Rice
- Squash & Zucchini
- Green Bean Vegetable Blend

**TUESDAY LUNCH**

**ENTRÉES**
- Stuffed Bell Peppers $1.80
- BBQ Pork Ribs $1.80
- Fried Shrimp $2.70
- Chicken Fettuccine Alfredo $1.80

**SIDES $0.55/$0.80**
- Spanish Rice
- Mexican Beans
- Green Beans
- Broccoli & Carrots
- Cauliflower
- Turnip Greens
- Assorted Vegetables

**TUESDAY DINNER**

**ENTRÉES**
- Pot Roast $2.70
- Flautas $1.80
- Pork Chops w/ Onions $3.60
- Chicken Pasta Primavera $1.80

**SIDES $0.55/$0.80**
- Seasoned Potatoes
- Baked Beans
- Broccoli
- Corn & Peas
- Italian Pasta
- Sauerkraut
- Vegetable Medley

**WEDNESDAY LUNCH**

**ENTRÉES**
- Green Chile Beef Enchiladas $1.80
- Jambalaya $1.80
- Beef Ravioli $1.80
- Southwest Chicken $1.80

**SIDES $0.55/$0.80**
- Mexican Rice
- Mexican Beans
- Green Beans
- Broccoli
- Squash & Carrots
- Capri Blend

**WEDNESDAY DINNER**

**ENTRÉES**
- Prime Rib $7.15
- Calamari $2.70
- Shrimp Fried Rice $1.80
- Stuffed Shells $1.45

**SIDES $0.55/$0.80**
- Baked Potato
- Corn on the Cob
- Green Beans
- White Rice
- Winter Blend
- Carrots
- Stir Fried Vegetables

**THURSDAY LUNCH**

**ENTRÉES**
- Mexican Brisket $1.80
- Herb Chicken $1.80
- Manicotti $1.45
- Baked Salmon $2.70

**SIDES $0.55/$0.80**
- Mexican Hominy
- Ranch Style Beans
- Corn
- Baked Beans
- Zucchini
- & Squash
- California Blend

**THURSDAY DINNER**

**ENTRÉES**
- Meatloaf $1.80
- Chicken Strips $1.80
- Red Chile Pork $1.80
- Chicken Alfredo $1.80

**SIDES $0.55/$0.80**
- Red Potatoes
- White Rice
- Corn
- Baked Beans
- Zucchini & Carrots
- Peas
- California Blend

**FRIDAY LUNCH**

**ENTRÉES**
- Pork Chop Suey $1.80
- Beef & Bean Burritos $1.80
- Catfish $1.80
- Red Chile Chicken $1.80

**SIDES $0.55/$0.80**
- Mexican Hominy
- Carrots
- Green Beans
- Steak Fries
- Okra & Tomatoes
- Spanish Rice
- Oriental Blend

**FRIDAY DINNER**

**ENTRÉES**
- Meatloaf $1.80
- Chicken Strips $1.80
- Red Chile Pork $1.80
- Chicken Alfredo $1.80

**SIDES $0.55/$0.80**
- Mashed Potatoes
- Green Beans
- Squash
- Mexican Rice
- Louisiana Beans
- Peas & Carrots
- Assorted Vegetables

**SATURDAY LUNCH**

**ENTRÉES**
- Pepper Steak $1.80
- Taquitos $1.80
- Stuffed Shells $1.45
- BBQ Chicken $1.80

**SIDES $0.55/$0.80**
- Red Potatoes
- White Rice
- Corn
- Baked Beans
- Zucchini & Carrots
- Peas
- California Blend

**SATURDAY DINNER**

**ENTRÉES**
- Mexican Steak $1.80
- Ham Casserole $1.80
- Chicken Stir Fry $1.80
- Baked Fish $1.80

**SIDES $0.55/$0.80**
- Chuckwagon
- Steak Fries
- Stir Fried Rice
- Squash
- Stewed Tomatoes
- Broccoli
- Italian Blend

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## THURSDAY LUNCH
- **ENTRÉES**
  - BBQ BRISKET $1.80
  - ZUCCHINI RIBS $1.80
  - ASPARAGUS $1.80
  - CARROT $1.80
  - KALE $1.80
- **SIDES**
  - Mashed potatoes
  - Green bean casserole
  - Corn
  - Mixed squash
  - Spinach

## THURSDAY DINNER
- **ENTRÉES**
  - STEAK $7.15
  - LASAGNA $1.80
  - PASTA $1.80
  - CHICKEN $1.80
- **SIDES**
  - Mashed potatoes
  - Green beans
  - Mixed squash
  - Spinach

## FRIDAY LUNCH
- **ENTRÉES**
  - SALISBURY STEAK $1.80
  - CATFISH $1.80
  - SMOTHERED BURRITOS $1.80
  - CHICKEN MARSALA $1.80
- **SIDES**
  - Mashed potatoes
  - Green beans
  - Mixed squash
  - Spinach

## FRIDAY DINNER
- **ENTRÉES**
  - STEAK $7.15
  - LASAGNA $1.80
  - PASTA $1.80
  - CHICKEN $1.80
- **SIDES**
  - Mashed potatoes
  - Green beans
  - Mixed squash
  - Spinach

## SATURDAY LUNCH
- **ENTRÉES**
  - CORDON BLEU $3.80
  - GR. CHILE CHKN ENCHILADAS $1.80
  - TAMALES $1.80
  - SPAGHETTI w/ MARINARA $1.45
- **SIDES**
  - Mashed potatoes
  - Baked beans
  - Corn
  - Mixed vegetables

## SATURDAY DINNER
- **ENTRÉES**
  - STEAK $7.15
  - LASAGNA $1.80
  - PASTA $1.80
  - CHICKEN $1.80
- **SIDES**
  - Mashed potatoes
  - Baked beans
  - Corn
  - Mixed vegetables
### Sunday Lunch
- **Entrées**
  - Chinese Pork & Noodles $1.80
  - Stuffed Bell Peppers $1.80
  - Fried Pollock $1.80
  - Chicken Cacciatore $1.80
- **Sides** $0.55/$0.80
  - mashed potatoes
  - oriental vegetables
  - cauliflower
  - yellow squash
  - green beans
  - broccoli
  - beans

### Sunday Dinner
- **Entrées**
  - Chili Mac $1.80
  - Oregano Chicken $1.80
  - BBQ Pork Ribs $1.80
  - Baked Tilapia $1.80
- **Sides** $0.55/$0.80
  - mashed potatoes
  - rice
  - baked beans
  - green peas
  - green beans
  - carrots
  - assorted vegetables

## Monday Lunch
- **Entrées**
  - Veal Parmesan $2.70
  - Crusted Tilapia $1.80
  - Manicotti $1.45
  - Buffalo Chicken $1.80
- **Sides** $0.55/$0.80
  - Mashed potatoes
  - Stir-fried rice
  - Oriental vegetables
  - Carrots & broccoli
  - Green beans
  - Baked beans
  - Chuckwagon

### Monday Dinner
- **Entrées**
  - Herb Pork Roast $3.60
  - Italian Beef Pasta $1.80
  - Salisbury Steak $1.80
  - Chicken Provencal $1.80
- **Sides** $0.55/$0.80
  - Mexican rice
  - Steak fries
  - California blend
  - Broccoli
  - Green beans
  - Beets

## Tuesday Lunch
- **Entrées**
  - Meatloaf $1.80
  - Pepperoni Pasta $1.80
  - Spring Rolls $1.80
  - Chicken Stir Fry $1.80
- **Sides** $0.55/$0.80
  - Rice Primavera
  - Stir-fried rice
  - Stir-fried vegetables
  - Mashed potatoes
  - Green peas
  - Corn
  - Okra & tomatoes
  - Green beans

### Tuesday Dinner
- **Entrées**
  - Fried Shrimp $2.70
  - Picadillo $1.80
  - Jambalaya $1.80
  - Chicken & Potatoes $1.80
- **Sides** $0.55/$0.80
  - Mashed potatoes
  - Rice
  - Baked beans
  - Green peas
  - Green beans
  - Carrots

## Wednesday Lunch
- **Entrées**
  - Fried Cod $1.80
  - Red Chile Beef Enchiladas $1.80
  - Cabbage Rolls $1.80
  - BBQ Pulled Pork $1.80
- **Sides** $0.55/$0.80
  - Spanish rice
  - Charro beans
  - Steak fries
  - Assorted vegetables
  - Calabacitas
  - Spinach
  - Corn

### Wednesday Dinner
- **Entrées**
  - Prime Rib $7.15
  - Calamari $2.70
  - Taquitos $1.80
  - Vegetable Spaghetti $1.45
- **Sides** $0.55/$0.80
  - Mashed potatoes
  - Rice
  - Baked beans
  - Green peas
  - Green beans
  - Carrots

## Thursday Lunch
- **Entrées**
  - Chicken Fried Steak $1.80
  - Red Chile Pork $1.80
  - Tortilla Bean Casserole $1.45
  - Roast Turkey $1.80
- **Sides** $0.55/$0.80
  - Mashed potatoes
  - Mexican rice
  - Green bean casserole
  - Vegetable medley
  - Broccoli
  - Dressing

### Thursday Dinner
- **Entrées**
  - Pork Chops w/ Gr.Chile $3.60
  - Beef Broccoli Stir Fry $1.80
  - Chicken Fried Chicken $1.80
  - Fish Italiano $1.80
- **Sides** $0.55/$0.80
  - Mashed potatoes
  - Rice
  - Baked beans
  - Green peas
  - Green beans
  - Carrots

## Friday Lunch
- **Entrées**
  - Chicken Fajitas $1.80
  - Stuffed Shells $1.45
  - Catfish $1.80
  - Italian Style Steak $1.80
- **Sides** $0.55/$0.80
  - Spanish rice
  - Steak fries
  - Pinto beans
  - Mixed vegetable
  - Mexican corn
  - Stewed tomatoes
  - Peas & carrots

### Friday Dinner
- **Entrées**
  - Herb Pot Roast $2.70
  - Tamales $1.80
  - Vegetable Lasagna $1.45
  - Cajun Style Chicken $1.80
- **Sides** $0.55/$0.80
  - Frijoles charros
  - Mashed potatoes
  - Corn
  - California blend
  - Green peas
  - Squash & tomatoes
  - Assorted vegetables

## Saturday Lunch
- **Entrées**
  - Beef Ravioli $1.80
  - Beef & Bean Burritos $1.80
  - Sausage & Peppers $1.80
  - BBQ Chicken $1.80
- **Sides** $0.55/$0.80
  - Steak fries
  - Ranch beans
  - Carrots & cauliflower
  - Vegetable blend
  - Yellow squash
  - Green beans
  - Zucchini

### Saturday Dinner
- **Entrées**
  - Au Gratin Pot & Ham $1.80
  - Mexican Steak $1.80
  - Chicken Strips $1.80
  - Baked Tilapia $1.80
- **Sides** $0.55/$0.80
  - Mashed potatoes
  - Mexican rice
  - Vegetable medley
  - Honey baked beans
  - Peas & carrots
  - Broccoli

2,000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional nutritional information available upon request.
<table>
<thead>
<tr>
<th>SUNDAY LUNCH</th>
<th>SUNDAY DINNER</th>
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</thead>
<tbody>
<tr>
<td><strong>ENTRÉES</strong></td>
<td><strong>ENTRÉES</strong></td>
</tr>
<tr>
<td>POLISH SAUSAGE $1.80</td>
<td>FETTUCCINE ALFREDO $1.45</td>
</tr>
<tr>
<td>VEGETABLE SPAGHETTI $1.45</td>
<td>CHICKEN POT PIE $1.80</td>
</tr>
<tr>
<td>PICADILLO $1.80</td>
<td>COUNTRY STYLE STEAK $1.80</td>
</tr>
<tr>
<td>SOUTHWESTERN CHICKEN $1.80</td>
<td>BAKED FISH $1.80</td>
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<td><strong>SIDES $0.55/$0.80</strong></td>
<td><strong>SIDES $0.55/$0.80</strong></td>
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<td>Cabbage</td>
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<tr>
<td>Vegetable Medley</td>
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<tr>
<td>Corn</td>
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<tr>
<td>Sauerkraut</td>
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<table>
<thead>
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<th>MONDAY LUNCH</th>
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<tbody>
<tr>
<td><strong>ENTRÉES</strong></td>
<td><strong>ENTRÉES</strong></td>
</tr>
<tr>
<td>SHRIMP BROCCOLI STIR FRY $1.80</td>
<td>CHICKEN PARMESAN $1.80</td>
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<tr>
<td>SPRING ROLLS $1.80</td>
<td>SAUSAGE &amp; POTATOES $1.80</td>
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<tr>
<td>HAM CASSEROLE $1.80</td>
<td>SWISS STEAK $1.80</td>
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<tr>
<td>CILANTRO CHICKEN $1.80</td>
<td>JALAPENO RICE CASSEROLE $1.45</td>
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<td><strong>SIDES $0.55/$0.80</strong></td>
<td><strong>SIDES $0.55/$0.80</strong></td>
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<tr>
<td>Asparagus</td>
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<tr>
<td>Cauliflower</td>
<td>Italian Blend</td>
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<tr>
<td>Fried Okra</td>
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<tr>
<td>Oriental Blend</td>
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<tr>
<td>Green Beans</td>
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<table>
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<th>TUESDAY LUNCH</th>
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<tbody>
<tr>
<td><strong>ENTRÉES</strong></td>
<td><strong>ENTRÉES</strong></td>
</tr>
<tr>
<td>TAQUITOS $1.80</td>
<td>CABBAGE ROLLS $1.80</td>
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<tr>
<td>SPAGHETTI &amp; MEATBALLS $1.80</td>
<td>THAI CHILI CHICKEN $1.80</td>
</tr>
<tr>
<td>PORK CHOPS &amp; ONIONS $3.60</td>
<td>BEEF RAVIOLI $1.80</td>
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<td>CRUSTED TILAPIA $1.80</td>
<td>HERB FISH $1.80</td>
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<td><strong>SIDES $0.55/$0.80</strong></td>
<td><strong>SIDES $0.55/$0.80</strong></td>
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<tr>
<td>Mexican Rice</td>
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<tr>
<td>Brussels Sprouts</td>
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<tr>
<td>Pinto Beans</td>
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<tr>
<td>California Blend</td>
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<tr>
<td>Stewed Tomatoes</td>
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<td>Scandinavian Blend</td>
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<tr>
<td><strong>ENTRÉES</strong></td>
<td><strong>ENTRÉES</strong></td>
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<tr>
<td>POT ROAST $2.70</td>
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<td>Broccoli &amp; Carrots</td>
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<tr>
<th>FRIDAY LUNCH</th>
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<td>SZECHWAN PORK $1.80</td>
<td>VEGETABLE LASAGNA $1.45</td>
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<td><strong>SIDES $0.55/$0.80</strong></td>
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<td>Frijoles Charros</td>
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<td>Cauliflower</td>
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<td>O’Brien Potatoes</td>
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<tr>
<td>Zucchini &amp; Tomatoes</td>
<td>Steamed Rice</td>
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<td>Mixed Vegetable</td>
<td>Broccoli</td>
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<tr>
<td><strong>ENTRÉES</strong></td>
<td><strong>ENTRÉES</strong></td>
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<td>CHICKEN STRIPS $1.80</td>
<td>POLLOCK TENDERS $1.80</td>
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<td>BBQ BRISKET $1.80</td>
<td>ITALIAN STYLE STEAK $1.80</td>
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<td>MEXICAN PORK STEAK $3.60</td>
<td>PEPPERONI PASTA $1.80</td>
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<tr>
<td>SPAGHETTI &amp; MARINARA $1.45</td>
<td>BBQ CHICKEN $1.80</td>
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<td><strong>SIDES $0.55/$0.80</strong></td>
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<td>Brussel Sprouts</td>
<td>Sprots Sprouts</td>
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<td>Corn</td>
<td>Ranch Beans</td>
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<td>Assorted Vegetables</td>
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<th>Day</th>
<th>Lunch</th>
<th>Dinner</th>
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<tr>
<td>Monday</td>
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<tr>
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<td>mashed potatoes, green bean casserole, steamed rice, turnip greens, pasta primavera, carrots, green beans, winter blend, tomato, squash</td>
<td>ENTRÉES</td>
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<tr>
<td></td>
<td>Monday thru Saturday Breakfast 6:00-8:00</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lunch 11:00-1:00</td>
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<tr>
<td></td>
<td>Dinner 4:30-7:15</td>
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<tr>
<td>Tuesday</td>
<td>SIDES $0.55/$0.80</td>
<td></td>
</tr>
<tr>
<td></td>
<td>mashed potatoes, rice primavera, corn, zucchini, cauliflower, pinto beans, assorted vegetables</td>
<td>ENTRÉES</td>
</tr>
<tr>
<td></td>
<td>Tuesday thru Saturday Breakfast 6:00-8:00</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lunch 11:00-1:00</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dinner 4:30-7:15</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>SIDES $0.55/$0.80</td>
<td></td>
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<tr>
<td></td>
<td>mashed potatoes, green beans, mexican beans, spinach, stewed tomatoes, carrots, capri blend</td>
<td>ENTRÉES</td>
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<tr>
<td></td>
<td>Wednesday thru Saturday Breakfast 6:00-8:00</td>
<td></td>
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<tr>
<td></td>
<td>Lunch 11:00-1:00</td>
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<tr>
<td></td>
<td>Dinner 4:30-7:15</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>SIDES $0.55/$0.80</td>
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<tr>
<td></td>
<td>Spanish rice, green beans, mexican beans, spinach, rice, winter blend, mustard, sour cream</td>
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<tr>
<td></td>
<td>Thursday thru Saturday Breakfast 7:00-9:00</td>
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<td>Lunch 11:30-1:30</td>
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<tr>
<td></td>
<td>Dinner 5:30-7:30</td>
<td></td>
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<tr>
<td>Friday</td>
<td>SIDES $0.55/$0.80</td>
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<tr>
<td></td>
<td>mexican rice, corn, calabacitas, tuscan potatoes, green peas, winter blend, sauerkraut</td>
<td>ENTRÉES</td>
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<tr>
<td></td>
<td>Friday thru Saturday Breakfast 7:00-9:00</td>
<td></td>
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<td></td>
<td>Lunch 11:30-1:30</td>
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<tr>
<td></td>
<td>Dinner 5:30-7:30</td>
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<tr>
<td>Saturday</td>
<td>SIDES $0.55/$0.80</td>
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<tr>
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<td>mashed potatoes, mexican hominy, green beans, broccoli, cauliflower, peas &amp; carrots, california blend</td>
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<tr>
<td></td>
<td>Saturday thru Saturday Breakfast 7:00-9:00</td>
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<tr>
<td></td>
<td>Dinner 5:30-7:30</td>
<td></td>
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</tbody>
</table>

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SUNDAY LUNCH
ENTRÉES
TEXAS CHILI $1.80
CHICKEN PARMESAN $1.80
POLISH SAUSAGE $1.80
CITRUS FISH $1.80
SIDES $0.55/$0.80
\begin{itemize}
\item seasoned potatoes
\item baked beans
\item broccoli
\item corn & peas
\item Italian pasta
\item sauerkraut
\item vegetable medley
\end{itemize}

SUNDAY DINNER
ENTRÉES
CHICKEN FAJITAS $1.80
SWISS STYLE STEAK $1.80
TAMALES $1.80
FETTUCCINE ALFREDO $1.45
SIDES $0.55/$0.80
\begin{itemize}
\item mexican rice
\item pinto beans
\item corn
\item carrots
\item zucchini
\item cabbage
\item assorted vegetables
\end{itemize}

MONDAY LUNCH
ENTRÉES
BAKED HAM $1.80
CHICKEN FRIED STEAK $1.80
PEPPERONI PASTA $1.80
CITRUS FISH $1.80
SIDES $0.55/$0.80
\begin{itemize}
\item seasoned potatoes
\item baked beans
\item mashed potatoes
\item Sweet potato fries
\item mixed vegetables
\item green peas
\item carrots
\item squash
\item green bean casserole
\end{itemize}

MONDAY DINNER
ENTRÉES
LASAGNA $1.80
ITALIAN CHICKEN $1.80
SAUSAGE & PEPPERS $1.80
PARMESAN FISH $1.80
SIDES $0.55/$0.80
\begin{itemize}
\item red potatoes
\item peas & corn
\item stewed tomatoes
\item white rice
\item squash & zucchini
\item green bean
\item vegetable blend
\end{itemize}

TUESDAY LUNCH
ENTRÉES
STUFFED BELL PEPPERS $1.80
BBQ PORK RIBS $1.80
FRIED SHRIMP $2.70
CHICKEN FETTUCCINE ALFREDO $1.80
SIDES $0.55/$0.80
\begin{itemize}
\item California blend
\item spinach
\item corn
\item asparagus
\item baked beans
\item green beans
\item broccoli & carrots
\item cauliflower
\item turnip greens
\item winter blend
\item carrots
\item stir fried vegetables
\end{itemize}

TUESDAY DINNER
ENTRÉES
POT ROAST $2.70
FLAUTAS $1.80
PORK CHOPS w/ ONIONS $3.60
CHICKEN PASTA PRIMAVERA $1.80
SIDES $0.55/$0.80
\begin{itemize}
\item mexican rice
\item pinto beans
\item corn
\item carrots
\item squash
\item cabbage
\item assorted vegetables
\end{itemize}

WEDNESDAY LUNCH
ENTRÉES
GREEN CHILE BEEF ENCHILADAS $1.80
JAMBALAYA $1.80
BEEF RAVIOLI $1.80
SOUTHWEST CHICKEN $1.80
SIDES $0.55/$0.80
\begin{itemize}
\item Spanish rice
\item mexican beans
\item green beans
\item broccoli
\item carrots
\item green bean
\item squash
\item turnip greens
\item assorted vegetables
\end{itemize}

WEDNESDAY DINNER
ENTRÉES
PRIME RIB $7.15
CALAMARI $2.70
SHRIMP FRIED RICE $1.80
STUFFED SHELLS $1.45
SIDES $0.55/$0.80
\begin{itemize}
\item red potatoes
\item peas & corn
\item stewed tomatoes
\item white rice
\item squash & zucchini
\item green bean
\item vegetable blend
\end{itemize}

THURSDAY LUNCH
ENTRÉES
MEXICAN BRISKET $1.80
HERB CHICKEN $1.80
MANICOTTI $1.45
BAKED SALMON $2.70
SIDES $0.55/$0.80
\begin{itemize}
\item mexican rice
\item ranch style beans
\item corn
\item potato casserole
\item broccoli
\item zucchini & squash
\item capri blend
\end{itemize}

THURSDAY DINNER
ENTRÉES
VEGETABLE LINGUINE $1.45
CHICKEN POT PIE $1.80
SPRING ROLLS $1.80
BEEF & BROCCOLI STIR FRY $1.80
SIDES $0.55/$0.80
\begin{itemize}
\item stir fried rice
\item mexican rice
\item squash
\item corn
\item cauliflower
\item corn
\item cabbage
\item vegetable blend
\end{itemize}

FRIDAY LUNCH
ENTRÉES
PORK CHOP SUEY $1.80
BEEF & BEAN BURRITOS $1.80
CATFISH $1.80
RED CHILE CHICKEN $1.80
SIDES $0.55/$0.80
\begin{itemize}
\item mexican rice
\item hominy
\item carrots
\item green beans
\item steak fries
\item okra & tomatoes
\item spanish rice
\item oriental blend
\end{itemize}

FRIDAY DINNER
ENTRÉES
MEATLOAF $1.80
CHICKEN STRIPS $1.80
RED CHILE PORK $1.80
FISH ITALIANO $1.80
SIDES $0.55/$0.80
\begin{itemize}
\item mashed potatoes
\item squash
\item mexican rice
\item louisiana beans
\item peas & carrots
\item assorted vegetables
\end{itemize}

SATURDAY LUNCH
ENTRÉES
PEPPER STEAK $1.80
TAQUITOS $1.80
STUFFED SHELLS $1.45
BBQ CHICKEN $1.80
SIDES $0.55/$0.80
\begin{itemize}
\item red potatoes
\item white rice
\item corn
\item baked beans
\item zucchini & carrots
\item peas
\item california blend
\end{itemize}

SATURDAY DINNER
ENTRÉES
MEXICAN STEAK $1.80
HAM CASSEROLE $1.80
CHICKEN STIR FRY $1.80
BAKED FISH $1.80
SIDES $0.55/$0.80
\begin{itemize}
\item chuckwagon
\item steak fries
\item stewed tomatoes
\item squash
\item broccoli
\item italain blend
\end{itemize}

AUGUST 30 – SEPTEMBER 5
2,000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional nutritional information available upon request.
<table>
<thead>
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<td>BBQ PORK RIBS $1.80</td>
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<td>ASSORTED PIZZA $1.80</td>
<td>VEAL $2.70</td>
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<tr>
<td>POLLOCK STRIPS $1.80</td>
<td>PORK STIR FRY $1.80</td>
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<td>BAKED HAM $1.80</td>
<td>BAKED TILAPIA $1.80</td>
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<tr>
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<tr>
<td><strong>SIDES $0.55/$0.80</strong></td>
<td><strong>SIDES $0.55/$0.80</strong></td>
</tr>
<tr>
<td>mashed potatoes</td>
<td>rice pilaf</td>
</tr>
<tr>
<td>brussel sprouts</td>
<td>okra &amp; tomatoes</td>
</tr>
<tr>
<td>zucchini</td>
<td>corn</td>
</tr>
<tr>
<td>corn</td>
<td>peas</td>
</tr>
<tr>
<td>steak fries</td>
<td>turnip greens</td>
</tr>
<tr>
<td>carrots</td>
<td>stir fry vegetables</td>
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<tr>
<th><strong>MONDAY LUNCH</strong></th>
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<tr>
<td><strong>ENTRÉES</strong></td>
<td><strong>ENTRÉES</strong></td>
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<tr>
<td>COUNTRY STYLE STEAK $1.80</td>
<td>RED CHILE BEEF ENCHILADA $1.80</td>
</tr>
<tr>
<td>MANICOTTI $1.45</td>
<td>FRIED SHRIMP $2.70</td>
</tr>
<tr>
<td>BAKED HAM $1.80</td>
<td>POLISH SAUSAGE $1.80</td>
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<tr>
<td>STEAK TAMPICOQUENA $1.80</td>
<td>FETTUCCINE ALFREDO $1.45</td>
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<tr>
<td>CITRUS FISH $1.80</td>
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<td><strong>SIDES $0.55/$0.80</strong></td>
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<td>corn</td>
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<td>fried okra</td>
<td>calabacitas</td>
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<tr>
<td>rice</td>
<td>peas</td>
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<td>Sweet potato fries</td>
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<td>COCONUT SHRIMP $2.70</td>
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<tr>
<td>STEAK TAMPIQUENA $1.80</td>
<td>JAMBALAYA $1.80</td>
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<tr>
<td>CITRUS FISH $1.80</td>
<td>GR. CHILE CHICKEN PASTA $1.80</td>
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<td><strong>SIDES $0.55/$0.80</strong></td>
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<tr>
<td>white rice</td>
<td>corn</td>
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<tr>
<td>green beans</td>
<td>on the cob</td>
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<tr>
<td>oriental blend</td>
<td>corn</td>
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<tr>
<td>mixed squash</td>
<td>green beans</td>
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<tr>
<td>broccoli &amp; cauliflower</td>
<td>carrots</td>
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<tr>
<td>carrots</td>
<td>broccoli</td>
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<td><strong>ENTRÉES</strong></td>
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<td>SPRING ROLLS $1.80</td>
<td>COCONUT SHRIMP $2.70</td>
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<td>PORK STEAK w/ ONIONS $3.60</td>
<td>JAMBALAYA $1.80</td>
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<td>SHRIMP FETTUCCINE ALFREDO $1.80</td>
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<td><strong>SIDES $0.55/$0.80</strong></td>
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<td>green beans</td>
<td>corn</td>
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<td>oriental blend</td>
<td>on the cob</td>
</tr>
<tr>
<td>mixed squash</td>
<td>corn</td>
</tr>
<tr>
<td>broccoli &amp; cauliflower</td>
<td>green beans</td>
</tr>
<tr>
<td>carrots</td>
<td>carrots</td>
</tr>
<tr>
<td>turnip greens</td>
<td>broccoli</td>
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<td><strong>ENTRÉES</strong></td>
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<td>PICADILLO $1.80</td>
<td>BBQ BRISKET $1.80</td>
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<tr>
<td>ROAST TURKEY $1.80</td>
<td>SAUSAGE &amp; PEPPERS $1.80</td>
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<td>PEPPERONI PASTA $1.80</td>
<td>STUFFED SHELLS $1.80</td>
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<td><strong>SIDES $0.55/$0.80</strong></td>
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<td>green bean casserole</td>
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<tr>
<td>pinto beans</td>
<td>turnip greens</td>
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<td>dressing</td>
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<td>spinach</td>
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<td><strong>ENTRÉES</strong></td>
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<td>BEEF RAVIOLI $1.80</td>
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<td>SMOTHERED BURRITOS $1.80</td>
<td>FLAUTAS $1.80</td>
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<td>CHICKEN MARSALA $1.80</td>
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<td><strong>SIDES $0.55/$0.80</strong></td>
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<tbody>
<tr>
<td><strong>ENTRÉES</strong></td>
<td><strong>ENTRÉES</strong></td>
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<tr>
<td>CORDON BLEU $3.80</td>
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<td>GR. CHILE CHKN ENCHILADAS $1.80</td>
<td>TURKEY POT PIE $1.80</td>
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<tr>
<td>TAMALES $1.80</td>
<td>HAM CASSEROLE $1.80</td>
</tr>
<tr>
<td>SPAGHETTI w/ MARINARA $1.45</td>
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<td><strong>SIDES $0.55/$0.80</strong></td>
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<tr>
<td>corn</td>
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<tr>
<td>peas &amp; carrots</td>
<td>stewed tomatoes</td>
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<tr>
<td>brussel sprouts</td>
<td>broccoli</td>
</tr>
<tr>
<td>vegetable blend</td>
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