


| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| SAMPLE MENU 2024 | | Seasoned Chicken Thigh Homemade BBQ Sauce Mashed Potatoes Broccoli Dinner Roll | Seasoned Salmon Filet Wild Rice & Squash Pilaf Asparagus Dinner Roll | Country Pot Roast Breakfast Root Veggie Hash Diced Apples | Turkey Burger Sweet Corn Capri Vegetable Blend | Shrimp Pesto Pasta Broccoli |
| Cajun Chicken with Red Gravy Veggie Dirty Rice Seasoned Spinach Dinner Roll | Veggie Burger Roasted Red Potatoes Broccoli | Baja Beef with Warm Barley Salad Diced Carrots | Herb Roasted Chicken with Lemon Sauce Dumplings Roasted Vegetables | Ginger Soy Cod Rice Diced Carrots | Cheese Omelet Roasted Red Potatoes Oatmeal | Hoppin John Diced Carrots Peas |
| Macaroni and Cheese with Pulled Pork Seasoned Collard Greens | Three Bean Chili Baked Potato Oyster Crackers | Salisbury Steak Gravy Baked Potato Buttered Peas Dinner Roll | Sweet & Sour Chicken with Vegetables Rice Broccoli | Chicken Tenders Peas Sweet Corn | Meatloaf with Gravy Mashed Potatoes Capri Vegetable Blend | Pancake Turkey Sausage Patty Roasted Red Potatoes Cherries |
| Lentil Curry Stew Wild Rice & Chickpea Blend Peas | Beef & Broccoli Vegetable Fried Rice Snap Peas Fortune Cookie | Turkey Meatloaf with Gravy Sweet Potatoes Seasoned Brussel Sprouts | Veggie Dirty Rice with Edamame and Red Gravy Seasoned Spinach | Pasta with Meat Sauce Peas | Chicken Sausage Link German Lentils Braised Apples & Cabbage | Pesto Pasta Primavera Broccoli |
| French Toast Turkey Sausage Roasted Obrien Potatoes Cinnamon Applesauce | Chicken Enchilada Casserole Rice Seasoned Cauliflower | Macaroni & Cheese Broccoli | Seasoned Chicken Thigh Homemade BBQ Sauce Mashed Potatoes Broccoli Dinner Roll | SAMPLE MENU 2024 <i>All meals include fruit and can include milk if desired</i> | | |