

Week of Sept. 25-Oct. 1

Well Balanced Plate is in **BOLD RED PRINT**

| | Friday Lunch | Saturday Brunch | Sunday Brunch | Monday Lunch | Tuesday Lunch | Wednesday Lunch | Thursday Lunch |
|---------------------------|-------------------------------|--|---|----------------------------|--|---|--|
| <u>Classics</u> | Fried Catfish Hush Puppies | Sausage Gravy/Biscuits Scrambled Eggs Hash Browns Salisbury Steak | Sausage Gravy & Biscuits Scrambled Eggs Frizzled Ham Roasted Gravy Pork Loin | Sloppy Joe | Hot Dogs Nachos Mac & Cheese Grilled Kielbasa | Italian Beef Top Round Baked Potato | Chicken Fried Steak |
| <u>Grill</u> | S'mores Quesidillas | | | Nachos/Bean/Chees | Chicken Sandwich | | Egg Burritos |
| <u>Expeditions</u> | Chicken Stir-fry | | | Pasta/Tomato/Olives | Caesar Salad Bar | Veggie Cacciatore Linguine | Stir Fry Pork Rice |
| <u>Pizza</u> | Tostada Chicken | | Cheese Italian Sausage | Pepperoni Cheese | | Herb-seasoned Breadsticks | |
| | Friday DINNER | Saturday DINNER | Sunday DINNER | Monday DINNER | Tuesday DINNER | Wednesday DINNER | Thursday DINNER |
| <u>Classics</u> | Beef Top Round | Turkey Fritters Brown Rice | Southwest Chicken Breas | Vegetarian Paella | Herb-rubbed Turkey Breast | Chicken Stir Fry Steamed Brown Rice Beef Mac & Tomatoes Zucchini/Yellow Squash | Penne Spaghetti Fettucini Alfredo Sauce |
| <u>Grill</u> | Chili Dogs | | | S'mores Quesadillas | | | |
| <u>Expeditions</u> | Turkey Chipotle Wrap | | | Chicken A LA King | Rigatoni in Arrabiata Sauce | | Chef Salad Wrap |
| <u>Pizza</u> | | | | | Stromboli | | |