

**BREAKFAST: 6:30 – 10 a.m.**  
**LUNCH: 11 a.m. – 2 p.m.**  
**CLOSED: 2 – 3 p.m.**

**GRILL ONLY: 3 – 4 p.m.**  
**DINNER: 4 – 7 p.m.**  
**GRILL ONLY: 7 – 9 p.m.**

(Items subject to change.)

Monday, October 7	Tuesday, October 8	Wednesday, October 9
<p><b>Featured:</b> <b>Pan Seared Italian Chicken Breast</b> Meatloaf w/ Red Sauce Fish Tacos Smoked Red Pepper Gouda</p> <p><b>Sides:</b> Risotto Rice Green Beans Mashed Potatoes <b>Bermuda Blend</b> Mixed Beans Bread Pudding</p>	<p><b>Featured:</b> Liver &amp; Onions Fried Shrimp w/ Hushpuppies Chicken Beef Bowl <b>Vegetable Soup</b></p> <p><b>Sides:</b> Green Beans Mashed Potatoes Fried Onion Petals <b>Sicilian Blend</b> <b>Sautéed Mushrooms</b> Blackberry Cobbler</p>	<p><b>Featured:</b> Orange Chicken over Rice Roast Beef w/ Vegetables <b>Turkey Cucumber Ranch</b> <b>Chicken &amp; Wild Rice Soup</b></p> <p><b>Sides:</b> Green Beans <b>Cut Corn</b> Lima Beans Egg Rolls <b>Stir Fry Veggies</b> Apple Cobbler</p>
Thursday, October 10	Friday, October 11	Saturday, October 12
<p><b>Featured:</b> <b>Crunchy Baked Cod</b> BBQ Ribs Taco Salad Cream of Broccoli Soup</p> <p><b>Sides:</b> Ranch Potatoes Baked Beans Fried Green Tomatoes Macaroni &amp; Cheese <b>Malibu Blend</b> Peach Cobbler</p>	<p><b>Featured:</b> <b>Mojito Lime Chicken Breast</b> 5 Cheese Lasagna Fish Sandwich Potato Soup</p> <p><b>Sides:</b> Mexican Rice Jalapeno Poppers <b>Black Beans</b> <b>Roasted Broccoli</b> Green Beans Strawberry Cobbler</p>	<p><b>Feature</b> Stuffed Cabbage Chicken Tetrzini Chicken &amp; Sausage Gumbo</p> <p><b>Sides:</b> Mashed Potatoes <b>Sicilian Blend</b> Fried Cheese Sticks Green Beans Blackberry Cobbler</p>
Sunday, October 13	Served Every Day:	Healthy Tips:
<p><b>Featured:</b> Fried Pork Chops Meatloaf w/ Brown Gravy Vegetable Beef Soup</p> <p><b>Sides:</b> Mashed Potatoes <b>Turnip Green</b> Green Beans <b>Cut Corn</b> Apple Cobbler</p>	<p>Breakfast Daily Hamburgers Cheeseburgers <b>Hot Ham &amp; Cheese</b> <b>Hot Turkey Sandwich</b> Fish Sandwich <b>Chicken Salad</b> <b>Sandwich</b> <b>Tuna Salad Sandwich</b> Pimento Cheese Bologna Sandwich <b>Grilled Chicken</b> <b>Veggie Burgers</b></p> <p><b>Cold Ham or</b> <b>Turkey Sandwich</b> <b>Salad Bar</b> Soup of the Day Assorted Desserts Cobbler of the Day French Fries Onion Rings Chicken Fingers <b>Yogurt Shooters</b> <b>Baked Potato</b> <b>Baked Sweet Potato</b></p>	<p><b>Build a Healthy Plate</b> ½ the plate should be non-starchy vegetables ¼ the plate lean proteins ¼ the plate a starch Fresh vegetables are best, ask for proteins without creamy sauces, and make half your grains whole. Use the “to go” divided containers to help you choose correctly.</p>

