

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|---|--|
| 9/26 | 9/27 | 9/28 | 9/29 | 9/30 | 10/1 | 10/2 |
| Home Station | | | | | | |
| BBQ Ribs Fried Chicken wings Parsley Potatoes Green Beans Baked Beans | Country Fried Steak Baked Chicken 1/4's Potato Hash Glazed Carrots Roasted Brussel Sprouts | Chicken Cordon Blue Tomato Glazed Meatloaf Mashed Potatoes Lemon feta Asparagus Roasted Mushrooms | Chimichurri Steak Roast Chicken Parsley Potatoes Glazed carrots Parmesan roasted broccoli | Shrimp Scampi Chicken Marsala Roasted vegetables Linguine Garlic Bread Eggplant Parmesan | Cajun Roast Chicken Cornmeal Fried Catfish White Cheddar Mac and Cheese Wilted Greens Red Beans | Roast Pork Loin Chicken Pot Pie Garlic Mash Potatoes Roasted Broccoli w/red peppers |
| Soups | | | | | | |
| Potato Leek Italian wedddding soup | Potato Leek Chili | Chili Cuban Black Beans | Cuban Black Beans Chciken & Wild Rice | Chciken & Wild Rice NE Clam Chowder | NE Clam Chowder Garden Vegetables | Garden Vegetables Sausage Potato & Kale |
| Salads | | | | | | |
| Salad of the day | Salad of the day | Salad of the day | Salad of the day | Salad of the day | Salad of the day | Salad of the day |
| Chef's Special Offerings | | | | | | |
| | Sushi | | | Capitol Taco | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|---|--|--|
| 10/3 | 10/4 | 10/5 | 10/6 | 10/7 | 10/8 | 10/9 |
| Home Station | | | | | | |
| Pot Roast Potato crusted cod Sweet Potato Mash Roasted Zucchini with sweet peppers Corn on the Cobb | Parmesan Crusted Chicken Kielbasa Twice Baked Potato Casserole Buttered Green Cabbage Stuffed Shells | Tex Mex Chicken Mojo Pork Yellow Rice Black Beans Chuck wagon Corn Mexican stuffed peppers | Beef Burgundy Herb Grilled Chicken Thighs Egg Noodles Mash Potatoes Sautéed Squash Broccoli cheddar Quiche | Creamy Pesto Chicken Bowtie Lasagna Marinara Italian Green Beans Garlic Bread | Miso Salmon Honey garlic chicken thighs Chinese green beans Jasmine Rice Crispy Thai Tofu stir fry | Lemon Pepper Grilled Pork Chops Stuffed Chicken W/ broccoli & cheese Parsley Potatoes Spring peas |
| Soups | | | | | | |
| Sausage Potato & Kale Tomato Florentine | Tomato Florentine Wicki Thai | Wicked Thai Minestrone | Minestrone Corn Chowder | Corn Chowder Broccoli Cheddar | Broccoli Cheddar Roasted Tomato Bisque | Roasted Tomato Bisque Chicken Tortilla |
| Salads | | | | | | |
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| Chef's Special Offerings | | | | | | |
| | | | | | | |

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|---------------------------------|----------------------|------------------------------|---------------------------|------------------------------------|-----------------------|----------------------------------|
| 10/10 | 10/11 | 10/12 | 10/13 | 10/14 | 10/15 | 10/16 |
| Home Station | | | | | | |
| Pork Cutlet | Butter Chicken | Stewed Chicken W/ Gr. Olives | Chicken Cordon Bleu | Greek Cod | Blacken Mahi | Stuffed Chicken Parmesan |
| Chicken Enchiladas | Red Curry Roast Pork | Ropa Vieja | Blackned catfish Etoufee' | Gyro | Jamaican Jerk Chicken | Itaian Sausage W/ pepper & onion |
| Refried Beans | Basmati Rice | Seasonal Vegetables | White Rice | Lemon Potato | Vegetable Medley | |
| Red Rice | Lentil Dahl | Yellow Rice | Fried green Tomato | Briam (Greek raosted Vegetables) | Coconut Rice | Cheese Ravoili w/Salsa Rosa |
| Mexican Street Corn | Naan Bread | Black Beans | Mixed Vegetables | | Red Beans | Seasonal Vegetables |
| | Curry Vegetable Stew | | Corn Relish | | | |
| Salads | | | | | | |
| Chicken Tortilla | Italian Wedding Soup | Red Pepper Bisque | French Onion | Tuscan White Bean | Chicken Noodle | Gardeen Vegetables |
| Italian Wedding Soup | Red Pepper Bisque | French Onion | Chicken Suasage Gumbo | Chicken Noodle | Gardeen Vegetables | Chicken Wild Rice |
| Salads | | | | | | |
| Salad of the day | Salad of the day | Salad of the day | Salad of the day | Salad of the day | Salad of the day | Salad of the day |
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| | Sushi | | | Capitol Taco | | |

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|--|--|---|--|---|--|---|
| 10/17 | 10/18 | 10/19 | 10/20 | 10/21 | 10/22 | 10/23 |
| Home Station | | | | | | |
| Roast Turkey w/ Sage Gravy Grown Sugar Glazed Ham Mash Potatoes Stuffing Green Beans | Jade Garden Chicken Peanut beef Lo-mein White rice Sesame Garlic Snap peas General Tso Cauliflower | Hunter Style Chicken Thighs Grilled Flank Steak Mac and Cheese Parsley Potatoes Romesco Roasted Cauliflower | Chicken Picatta Grilled Pork Chop Cacciatore Green Beans w/ Shallots Penne and Portobella Spinach Alfredo | Walnut Chicken Beef and Broccoli Fried Rice Sauteed Bok Choy Honey Sesame carrots Crispy Teriyake Tofu | Baked Salmon W/ Caramelized Fennel Grilled Chicken w/ Creamy Leeks Roasted Potato Roasted Asparagus | Rosemary Roasted Chicken Baked Ziti W/ Meat Sauce Baked Potato Wedges Steamed broccoli Garlic Bread |
| Chicken Wild Rice Cream of Potato | Cream of Potato Chicken Gumbo | Chicken Gumbo Minestrone | Minestrone Butternut Squash | Butternut Squash Chicken Orzo | Chicken Orzo Corn Chowder | Corn Chowder Italian Wedding Soup |
| Salad of the day | Salad of the day | Salad of the day | Salad of the day | Salad of the day | Salad of the day | Salad of the day |
| Chef's Special Offerings | | | | | | |
| | | | | | | |