

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9/30	10/1	10/2	10/3	10/4	10/5	10/6
Home Station						
Honey-Garlic Pork Chops	Wild Mushroom Meatloaf w/ Red wine Demi Glace	Swiss Steak	Picadillo Stuffed Acorn Squash	Braised Lamb Shank	Coq au vin (chicken in red wine)	Smoked Sausage
Sweet Chili Grilled Chicken Breast	Oven Fried Chicken	Grilled Chicken w/ Sundried-tomato sauce	Mole chicken	Chicken ala Greque	Olive crusted tilapia	Chicken Pot pie
Roasted Mushrooms	Parsley Potatoes	Brown Butter Broccoli	Black Beans	Toasted orzo	Butter broiled Mushrooms	Green Beans
Wild Rice Pilaf	Macaroni & Cheese	Sweet Corn	Yellow Rice	Creamed Spinach	Sweet Potato Mash	Macaroni & Cheese
Sautéed Spinach	Green beans w/ Tomatoes	Roasted root Vegetables	Plantains	Rosemary roasted Potatoes	Roasted Brussels Sprouts	Rosemary Roasted red potatoes
Soups						
Italian Wedding	Wild Mushroom w/ Sherry	Corn Beef & Cabbage	Chicken & Andouille Gumbo	Black Bean (Vegan)	New England Clam Chowder	Curry Vegetable (Vegan)
Wild Mushroom W/ Sherry	Corn Beef & Cabbage	Chicken & Andouille Gumbo	Black Bean (Vegan)	New England Clam Chowder	Curry Vegetable (Vegan)	Italian Wedding
Salads						
	Fall Freekeh Salad	Dill Scented Cucumbers	Sweet Chili Rice Noodles	Babaganoush	Israeli Cous-Cous	
Chef's Special Offerings						
of the week Italian Burger, w/ Salami & Provolone	Primo's	Panda Express	Chef Paul in Action	Kazoku Sushi	Chick-fil-A	
Pizza- Margherita	Caprese Salad	Kazoku Sushi		Action Station		
		Rueben	Seared Tuna	Quiche		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10/7	10/8	10/9	10/10	10/11	10/12	10/13
Home Station						
Brown Sugar-Chili rubbed Pork Chops	Mushroom Marsala grilled Chicken	Tacos:	Coconut Curry Chicken	Sesame Grilled Chicken	Cajun Fried Catfish	Grilled Pork Chop w/ Spiced apples
BBQ chicken breast	Rosemary Roast Pork	Beef or Chicken	Tandoori Pork Chops	Beef & Broccoli	Bronzed Chicken w/ Andouille Cream Sauce	Thyme roasted Chicken
Baked sweet potato	Oven Dried Tomatoes	Red Rice	Roasted Cauliflower	Fried Rice	Black-eyed Peas	Parsley Potatoes
Steamed Veggies	Red Pepper Polenta	Refried Beans	Basmati Rice	Stir fried veggies	Scallion Rice	Spring peas
Baked Beans	Roasted Summer Vegetables	Roasted corn	Saag (Spinach Curry)	Sichuan Green Beans	White Cheddar Grits	Roasted Carrots
Soups						
Italian Wedding	Potato Leek	Spanish Bean	Roasted Zucchini (Vegan)	Chicken & Wild Rice	Split Pea (vegan)	Beef & Barley
Potato Leek	Spanish Bean	Roasted Zucchini (Vegan)	Chicken & Wild rice	Split Pea (vegan)	Beef & Barley	Minestrone
Salads						
	3-bean salad	Plantain-Cabbage Salad	Curried Couscous	Cold Sesame Noodles	Creamy Coleslaw	
Chef's Special Offerings						
Of the week	Primo's	Panda Express	Chicken Salad Chick	Kazoku Sushi	Chick-fil-A	
Sun riser Burger- Bacon Cheddar, Fried egg		Kazoku Sushi		Action Station		
Pizza-Sweet Italian Sausage & Bell peppers	Caprese Salad	Turkey wrap w/ Cranberry Chutney	Seared Tuna	Italian Sub		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10/14	10/15	10/16	10/17	10/18	10/19	10/20
Home Station						
Fried Chicken	Parmesan crusted chicken	Sweet tea Brined Pork Chops	Beef burgundy	Pork Schnitzel	Lemon Pepper Grilled Chicken Breast	Mojo Pork
Country Fried Steak	Kielbasa	Smoked Chicken 1/4's	Herb grilled Chicken breast	Apple cider roast chicken	Honey-Dijon Crusted Salmon	Guava Glazed Grilled Chicken
Steamed Broccoli	Sautéed green beans	Corn Bread Dressing	Egg Noodles	OJ Braised red Cabbage	Wild Rice Pilaf	Roast Zucchini
Baked Potato	Cauliflower mash	Baked yellow squash	Mashed potatoes	German steamed Potatoes	Maple Butternut Squash	Black Beans
Sweet rolls	Sweet Potato Buttered Green Cabbage	Wilted greens	Green Beans	Dill Scented Carrots	Cauliflower Au Gratin	Yellow Rice Sweet Plantains
Salads						
Minestrone	Butternut Bisque	Sausage, Potato & Kale	Roasted Tomato Soup	Green Plantain-Chicken Soup	Manhattan Clam Chowder	Lentil /w ham
Butternut Bisque	Sausage, Potato & Kale	Roasted Tomato Soup	Green Plantain-Chicken Soup	Manhattan Clam Chowder	Lentil w/ ham	Chicken & Orzo
Salads						
	Tabbouleh	Green Tomato Chow-Chow	Tomato, feta, cucumber	Beet Salad w/ Walnuts	Watercress w/ Apples & Pecans	
Chef's Special Offerings						
Of the week Sand.-Mushroom & Swiss Burger	Primo's	Panda Express	Sushi station	Kazoku Sushi	Chick-fil-A	
Pizza: BBQ Beef Brisket w/ Cheddar cheese	Caprese Salad	Kazoku sushi		Action Station		
		Grilled veggie Pita w/ feta	Seared Tuna	Cuban		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10/21	10/22	10/23	10/24	10/25	10/26	10/27
Home Station						
Beef Stew	Cabbage roll Casserole	Sautéed Chicken w/ Lemon Caper Sauce	Smoked Beef Brisket	Roast Turkey w/ Sage Gravy	Crab Stuffed Flounder	Taco's
Herb Baked Chicken	Chicken paprikash	Gremolata Crusted Pork Chops	BBQ Chicken Breast	Apple & Thyme Roast Pork Chops	Yankee Pot Roast	Beef &
Seasonal Vegetables	Parsley Potatoes	Parmesan Mashed Potatoes	Collard Greens	Sausage Stuffing	Sautéed Squash & Peppers	Chicken
Mashed Potatoes	Roasted Vegetables	Ratatouille	Shells & Cheese	Yukon Gold Mash Potatoes	3 Potato Medley	Refried Beans
Biscuits	Orange Glazed Beets	Garlic Bread	Baked Beans	Green Bean Casserole	Roast Parmesan Corn on Cobb	Red Rice Sweet Corn
Home Station						
Chicken & Orzo	Tuscan white bean (Vegan)	Green Chicken Chili	Sweet Potato- Corn Chowder	Sweet Potato Corn Chowder	Red Curry Chicken Soup	Loaded baked Potato
Tuscan white bean (Vegan)	Broccoli Cheddar	Broccoli Cheddar	Green Chicken Chili	Red Curry Chicken Soup	Loaded Baked Potato	Italian Wedding
Home Station						
	Pesto tortellini	Fauxtato salad (cauliflower)	Peggy Salad	Cranberry Chutney	Farro & Dried fruit	
Chef's Special Offerings						
Of the week Burger- Black & Blue	Primo's	Panda Express Kazoku Sushi	Chicken Salad Chick	Kazoku Sushi	Chick-fil-A	
Pizza - Pesto Chicken	Caprese Salad	Mediterranean Tuna Pita	Seared Tuna			