

Garden fresh salad bar, soup, dessert station, and drinks available.
Menu subject to change.

Tuesday October 1st

LUNCH
Stuffed Bell Peppers (Yellow,High)
Fish Onion-Lemon Baked (Green, Low)
Pork Schnitzel (Red,Moderate)

Dinner
Almond Crusted Cod (Yellow, Moderate)
Hamburger Yakisoba (Yellow, Low)
Cranberry Glazed Chicken (Green, Moderate)

Wednesday Oct 2nd

Lunch
Pineapple BBQ Meatballs (Yellow, Low)
Marinated Tomatoes With Penne And Basil (Green, High)
Turkey and Spinach Meatloaf (Green, Moderate)

Dinner
Parmesan Cod (Yellow, Moderate)
Mr. Z Baked Chicken (Yellow, Moderate)
Baked Florentine Turkey Roulade (Green, Low)

Thursday Oct 3rd

Lunch Italian Meal
Swiss Steak w/Brown Gravy (Yellow, High)
Tuna Noodles (Yellow, High)
Stuffed Green Peppers w/Turkey and Lentils (Green, High)

Dinner
Lasagna (Yellow, High)
Italian Broccoli Pasta (Yellow, High)
Chicken Cacciatore (Green, Moderate)

Friday Oct 4th

Lunch
Grilled Honey Sriracha Chicken (Green, Low)
Chili Mac (Green, Moderate)
Shrimp Creole (Yellow, High)

Dinner
Salisbury Grilled Salmon (Yellow, Moderate)
Braised Spareribs (Yellow, Moderate)
Jamaican Chicken (Green, Low)

Saturday Oct 5th

Lunch
Baja Baked Cod (Green, High)
Country Style Fried Steak (Red)
Turkey and Spinach Meatloaf (Green, Moderate)

Dinner
Swedish Meatballs (Ground Turkey) (Yellow, High)
Steak Smothered in Onions (Yellow, Moderate)
Parmesan Cod (Yellow, Moderate)

Sunday Oct 6th

Lunch Southern Meal
Oriental Pepper Steak (Yellow, Moderate)
Chicken Parmesan (Red, High)
Baked Fish w/Lemon Garlic Butter (Green, Moderate)

Dinner
Pork Roast Tenderloin (Green, Low)
Tuna Noodles (Yellow, High)
Savory Baked Chicken (Yellow, Moderate)

Monday Oct 7th

Lunch
Pasta Provençal (Green, High)
Dijon Baked Pork Chops (Green, Moderate)
Turkey Breast Fillet (Yellow, Low)

Dinner
Baked Mexican Chicken (Yellow, High)
Beef Stir Fry (Green, High)
Baked Salmon (Green, Low)

Tuesday Oct 8th

Lunch
Grilled Pork Chops (Yellow, Low)
Cajun Meatloaf (Yellow, Moderate)
Spicy Catfish Pobo (Red, Moderate)

Dinner
Fish Onion-Lemon Baked (Green, Low)
Simmered Beef (Yellow, Low)
Cajun Chicken (Green, Moderate)

Wednesday Oct 9th

Lunch
Spinach Lasagna (Yellow, High)
Baked Dijon Pork Chop (Green, Moderate)
Baked Florentine Turkey Roulade (Green, Low)

Dinner
Baked Salmon (Green, Low)
Honey Mustard Chicken Breast (Green, Moderate)
Pineapple BBQ Meatballs (Yellow, Low)

Thursday Oct 10th

Lunch
Roast Turkey (Yellow, Moderate)
Stuffed Green Peppers (Beef) (Yellow, High)
Cheese Tortellini with Marina (Green, High)

Dinner
Crispy Oven Baked Chicken (Yellow, Low)
Turkey and Spinach Meatloaf (Green, Moderate)
Parmesan Fish (Yellow, Moderate)

Friday Oct 11th

Lunch
Southwestern Shrimp Linguine (Yellow, High)
Baked Chicken (Green, High)
Beef Bulgogi (Green, High)

Dinner
Honey Ginger Chicken (Green, Low)
Salisbury Steak (Yellow, Moderate)
Cheese Manicotti (Yellow, High)

Saturday Oct 12th

Lunch
Creole Fish Fillets (Green, Moderate)
Teriyaki Steak (Yellow, High)
Stir Fry Chicken w/Broccoli (Green, High)

Dinner
Chicken Ala King (Green, Moderate)
Baked Fish (Yellow, Moderate)
Pasta Primavera (Yellow, Moderate)

Sunday Oct 13th

Lunch
Chili Mac (Green, Moderate)
Basil Baked Fish (Yellow, Moderate)
Teriyaki Chicken (Yellow, High)

Dinner
Pork Roast Tenderloin (Green, Low)
Baja Baked Cod (Green, High)
Pasta Provençal (Green, High)

Monday Oct 14th Columbus Day

Lunch
Three Bean and Olive Salad (Green, Low)
Fruit Medley Salad (Yellow, Low)
Macaroni Tuna Salad (Yellow, Low)

Dinner
Sweet Chilli BBQ Meatballs (Yellow, Low)
Southern Fried Catfish (Red, Moderate)
Marinated Tomatoes With Penne And Basil (Green, High)

Tuesday Oct 15th

Lunch
Honey Mustard Chicken Breast (Green, Moderate)
Ziti with Meat Sauce (Yellow, Low)
Lemon Baked Fish (Green, Low)

Dinner
Hot and Spicy Chicken (Green, Moderate)
Pasta Toscano (Yellow, High)
Cantonese Spareribs (Red)

Wednesday Oct 16th

Lunch
Polish Sausage (Red, High)
Baked Salmon (Green, Low)
Hamburger Yakisoba (Yellow, Low)

Dinner
Roast Beef (Green, High)
Shrimp Scampi (Yellow, High)
German Chicken Schnitzel (Yellow, Moderate)

Thursday Oct 17th

Lunch Asian Meal
Santa Fe Glazed Chicken (Green, Low)
Beef Ball Stroganoff (Yellow, Moderate)
Baked Dijon Pork Chop (Green, Moderate)

Dinner
Salmon w/Maple Ginger Glaze (Yellow, High)
Stuffed Green Peppers w/Turkey and Lentils (Green, High)
Pasta Primavera (Yellow, Moderate)

Friday Oct 18th

Lunch
French Fried Shrimp (Red, Low)
Cheese Tortellini with Marina (Green, High)
Bourbon Chicken (Yellow, Low)

Dinner
Lemon Baked Fish (Green, Low)
Beef Pot Pie (Yellow, High)
Herbed Baked Chicken (Green, Low)

Saturday Oct 19th

Lunch
Caribbean Catfish (Yellow, Moderate)
Jerk Roast Turkey (Green, Low)
Stuffed Green Peppers (Beef) (Yellow, High)

Dinner
Beef Stew (Yellow, Moderate)
Chicken Breast Dijon (Yellow, High)
Southwestern Sweet Potatoes Black Beans and Corn (Green, Moderate)

Sunday Oct 20th

Lunch Mexican Meal
Baked Fish (Yellow, Moderate)
Meat Loaf (Yellow, Moderate)
Baked Chicken (Green, High)

Dinner
Beef Fajitas (Green, High)
Pork Chop w/Pineapple Asian Glaze (Yellow, Low)
Grilled Salmon w/Citrus Butter (Yellow, high)

Monday Oct 21st

Lunch
Lemon Basil Shrimp Pasta (Yellow, Moderate)
Pork Adobo (Yellow, High)
Grilled Chicken w/ Mustard Sauce (Green, Moderate)

Dinner
Roast Turkey (Yellow, Moderate)
Grilled Steak (Green, Low)
Mediterranean Salmon (Yellow, Low)

Tuesday Oct 22nd

Lunch
BBQ Brisket (Yellow, Moderate)
Grilled Salmon w/Citrus Butter (Yellow, High)
Honey Ginger Chicken (Green, Low)

Dinner
Crispy Oven Baked Chicken (Yellow, Low)
Roast Beef (Green, High)
Parmesan Crusted Cod (Yellow, Moderate)

Wednesday Oct 23rd

Lunch
Italian Broccoli Pasta (Yellow, High)
Stuffed Baked Pork Chops (Yellow, Low)
Chicken Florentine (Green, Low)

Dinner
Oven Fried Fish (Yellow, Low)
Savory Baked Chicken (Yellow, Moderate)
Greek Lemon Turkey Pasta (Green, Moderate)

Thursday Oct 24th

Lunch
Ziti with Meat Sauce (Yellow, Low)
French Fried Shrimp (Red, Low)
Hot and Spicy Chicken (Green, Moderate)

Dinner
Baked Stuffed Fish (Yellow, Low)
Beef Stir Fry (Green, High)
Chicken Bulgogi (Green, High)

Friday Oct 25th

Lunch
Shrimp Jambalaya (Yellow, High)
Turkey Lentil Chili (Green, Moderate)
Southern Fried Chicken (Red, Moderate)

Dinner
Baked Dijon Pork Chop (Green, Moderate)
Chili Mac (Green, Moderate)
Lemon Pepper Catfish (Yellow, Low)

Saturday Oct 26th

Lunch
Chicken Cordon Bleu (Red, High)
Roast Beef (Green, High)
Pasta Primavera (Yellow, Moderate)

Dinner
Turkey Nuggets (Red, High)
Baked Fish w/Lemon Garlic (Green, Moderate)
Bourbon Chicken (Yellow, Low)

Sunday Oct 27th

Lunch
Pepper Steak (Green, Moderate)
Spinach Lasagna (Yellow, High)
Chicken Kabob (Yellow, Low)

Dinner
Sweet and Spicy Orange Salmon (Yellow, Moderate)
Steak Ranchero (yellow, Moderate)
Cheese Tortellini with Marina (Green, High)

Monday Oct 28th

Lunch
Fish Onion-Lemon Baked (Green, Low)
Stuffed Bell Peppers (Yellow, High)
Pork Schnitzel (Red, Moderate)

Dinner
Almond Crusted Cod (Yellow, Moderate)
Hamburger Yakisoba (Yellow, Low)
Cranberry Glazed Chicken (Green, Moderate)

Tuesday Oct 29th

Lunch
Pineapple BBQ Meatballs (Yellow, Low)
Marinated Tomatoes With Penne And Basil (Green, High)
Turkey and Spinach Meatloaf (Green, Moderate)

Dinner
Baked Florentine Turkey Roulade (Green, Low)
Parmesan Cod (Yellow, Moderate)
Mr. Z Baked Chicken (Yellow, Moderate)

Wednesday Oct 30th

Lunch
Swiss Steak w/Brown Gravy (Yellow, High)
Stuffed Green Peppers w/Turkey and Lentils (Green, High)
Tuna Noodles (Yellow, High)

Dinner
Lasagna (Yellow, High)
Chicken Cacciatore (Green, Moderate)
Italian Broccoli Pasta (Yellow, High)

Thursday Oct 31st

Lunch
Grilled Honey Sriracha Chicken (Green, Low)
Chili Mac (Green, Moderate)
Shrimp Creole (Yellow, High)

Dinner
Jamaican Chicken (Green, Low)
Braised Spareribs (Yellow, Moderate)
Salisbury Grilled Salmon (Yellow, Moderate)