

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

FRIDAY 1 NOVEMBER 2024

LUNCH

Grilled Pork Chops (Yellow, Low)
Cajun Meatloaf (Yellow, Moderate)

DINNER

Fish Onion-Lemon Baked (Green, Low)
Simmered Beef (Yellow, Low)

MONDAY 4 NOVEMBER 2024

LUNCH

Baked Chicken (Green, High)
Southwestern Shrimp Linguine (Yellow, High)

DINNER

Honey Ginger Chicken (Green, Low)
Salisbury Steak (Yellow, Moderate)

TUESDAY 5 NOVEMBER 2024

LUNCH

Creole Fish Fillets (Green, Moderate)
Stir Fry Chicken w/Broccoli (Green, High)

DINNER

Chicken Ala King (Green, Moderate)
Pasta Primavera (Yellow, Moderate)

WEDNESDAY 6 NOVEMBER 2024

LUNCH

Southwestern Sweet Potatoes Black Beans and Corn (Green, Moderate)
Almond Crusted Cod (Yellow, Moderate)

DINNER

Spaghetti w/Turkey Meat Sauce (Green, Moderate)
Baked Fish w/Lemon Garlic Butter (Green, Moderate)

THURSDAY 7 NOVEMBER 2024

LUNCH

Chili Mac (Green, Moderate)
Teriyaki Chicken (Yellow, High)

DINNER

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

TUESDAY 12 NOVEMBER 2024

LUNCH

Cheese Tortellini with Marina (Green, High)
Bourbon Chicken (Yellow, Low)

DINNER

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

WEDNESDAY 13 NOVEMBER 2024

LUNCH

Jerk Roast Turkey (Green, Low)
Stuffed Green Peppers (Beef) (Yellow, High)

DINNER

Southwestern Sweet Potatoes Black Beans and Corn (Green, Moderate)
Beef Stew (Yellow, Moderate)

THURSDAY 14 NOVEMBER 2024

LUNCH

Baked Fish (Yellow, Moderate)
Meat Loaf (Yellow, Moderate)

DINNER

BBQ Beef Cubes (Red, High)
Southwestern Fish (Green)

FRIDAY 15 NOVEMBER 2024

LUNCH

Lemon Basil Shrimp Pasta (Yellow, Moderate)
Mambo Pork Roast (Yellow, Low)

DINNER

Grilled Steak (Green, Low)
Roast Turkey (Yellow, Moderate)

MONDAY 18 NOVEMBER 2024

LUNCH

Hot and Spicy Chicken (Green, Moderate)
Ziti with Meat Sauce (Yellow, Low)

DINNER

Beef Stir Fry (Green, High)
Chicken Bulgogi (Green, High)

TUESDAY 19 NOVEMBER 2024

LUNCH

Turkey Lentil Chili (Green, Moderate)
Shrimp Jambalaya (Yellow, High)

DINNER

Chili Mac (Green, Moderate)
Lemon Pepper Catfish (Yellow, Low)

WEDNESDAY 20 NOVEMBER 2024

LUNCH

Roast Beef (Green, High)
Chicken Cordon Bleu (Red, High)

DINNER

Beef and Corn Pie (Green, Moderate)
Bourbon Chicken (Yellow, Low)

THURSDAY 21 NOVEMBER 2024

LUNCH

Chicken Kabob (Yellow, Low)
Pepper Steak (Green, Moderate)

DINNER

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

FRIDAY 22 NOVEMBER 2024

LUNCH

Beef Brogul (Yellow, Low)
Fish Onion-Lemon Baked (Green, Low)

DINNER

Hamburger Yakisoba (Yellow, Low)
Cranberry Glazed Chicken (Green, Moderate)

MONDAY 25 NOVEMBER 2024

LUNCH

Grilled Honey Sriracha Chicken (Green, Low)
Chili Mac (Green, Moderate)

DINNER

Jamaican Chicken (Green, Low)
Braised Spareribs (Yellow, Moderate)

TUESDAY 26 NOVEMBER 2024

LUNCH

Country Style Fried Steak (Red)
Baja Baked Cod (Green, High)

DINNER

Swedish Meatballs (Ground Turkey) (Yellow, High)
Polynesian Fillet (Green, Low)

WEDNESDAY 27 NOVEMBER 2024

LUNCH

Chicken Parmesan (Red, High)
Baked Fish w/Lemon Garlic Butter (Green, Moderate)

DINNER

Pork Roast Tenderloin (Green, Low)
Tuna Noodles (Yellow, High)