




# OCTOBER, NOVEMBER & DECEMBER MENU

## TUESDAY

## THURSDAY

HOT	HEAT & EAT	BREAKFAST	SANDWICH/ SALAD	HOT	HEAT & EAT
10/4 - 11/1 - 11/29			10/6 - 11/3 - 12/1		
Sliced Ham; Potato Salad; Wheat Roll; Green Beans; Pineapple	Turkey Burger w/ Lettuce & Tomato; Yams; Cornbread; Peas & Carrots	Ham, Cheese & Vegetable Frittata; Biscuit; Oatmeal; Strawberries	<b>Tuna Salad Sandwich w/ Lettuce &amp; Tomato; Broccoli Salad; Pickle</b>	Meatloaf w/ Tomato Sauce, Onions & Peppers; Mac & Cheese; Baked Apples; Wheat Roll	Stuffed Shells w/ Tomato Sauce; Spring Mix Salad; Garlic Bread
10/11 - 11/8 - 12/6			10/13 - 11/10 - 12/8		
Grilled Pork Chop w/ Grilled Onions; Apple Sauce; Sweet Potatoes; Wheat Roll	Baked Chicken w/ Rice & Gravy; Stewed Okra & Tomatoes; Peas; Roll	French Toast w/ SF Syrup; Turkey Sausage; Banana & Blueberries	Bacon Lettuce & Tomato Sandwich w/ Broccoli & Cheese Soup; Pickle	<b>Shrimp &amp; Grits w/ Peppers &amp; Onions; Garlic Bread; Spring Salad</b>	Grilled Chicken w/ Rice Pilaf; Steamed Broccoli & Cheese; Biscuit
10/18 - 11/15 - 12/13			10/20 - 11/17 - 12/15		
Smoked Sausage w/ Green Peppers & Onions; Cabbage; Rice	<b>Crab Cakes; Black Beans &amp; Corn; Slaw; Carrots</b>	Chicken Sausage & Egg Breakfast Burrito w/ Avocado; Apples	Chicken Salad Wrap w/ Lettuce & Tomato; Beets	Pot Roast w/ Carrots, Celery, Onions & New Potatoes; Turnip Greens; Roll	Black Bean Burger on Wheat Bun w/ Lettuce & Tomato; Pickle; Vegetable Soup
10/25 - 11/22 - 12/20			10/27 - CLOSED 11/24 - 12/22		
Country Style Steak w/ Grilled Onions & Gravy; Rice; Collards; Biscuit	Chicken Pastry w/ Green Beans; Beets; Cornbread	Continental Breakfast - Oatmeal; Fruit; Boiled Eggs; English Muffin; Butter	Turkey BBQ Burgers w/ Baked Beans; Slaw; Lettuce, Tomato & Pickle	Beef Stroganoff w/ Noodles; Brussels Sprouts; Roll	Spaghetti w/ Meatballs; Garlic Bread; Spinach Salad; Mandarin Oranges
12/27 CLOSED			12/29 - HOT		
HAPPY HOLIDAYS!		HAPPY HOLIDAYS!	Beef Tips w/ Rice & Grilled Onions; Cucumber Salad; Roll	<b>Fish Tacos w/ Lettuce, Tomatoes &amp; Salsa; Corn &amp; Black Beans; Onions &amp; Peppers</b>	Meatloaf w/ Tomato Sauce, Onions & Peppers; Mac & Cheese; Baked Apples; Cornbread

**\*\*\* Items containing seafood are printed in red \*\*\***

**PLEASE CALL 919.779.6401 TO ADD OR CHANGE MEAL RESERVATIONS --  
MEAL PICK UP BETWEEN 11AM - 12PM TUESDAY & THURSDAY**