



November Menu - Capital Towers

Caterer - Dough Rings & Sweet Things

Monday

Tuesday

10/23 & 11/20

10/24 & 11/21

Pulled Pork Sandwich w/ Slaw; Mac & Cheese

Salisbury Steak w/ Rice; Green Beans; Mashed Sweet Potatoes; Biscuit

Special

Special

Vegetarian Sausage w/ Peppers & Onions on Bun; Coleslaw; Mac & Cheese

Impossible Steak w/ Rice; Green Beans; Mashed Sweet Potatoes; Biscuit

10/30 & 11/27

10/31 & 11/28

Chicken Stirfry w/ Broccoli & Peppers; Corn; Rice

Smoked Turkey Sandwich w/ Lettuce & Tomato; Potato Salad; Pears

Special

Special

Veggie & Tofu Stirfry w/ Broccoli & Peppers; Corn; Rice

Portobello Melt Sandwich w/ Lettuce & Tomato; Potato Salad; Hummus

11/6

11/7

Pulled BBQ Chicken w/ Yellow Rice; Broccoli; Fruit Salad; Yeast Roll

Hamburger Soup w/ Vegetables & Noodles; Cornbread

Special

Special

BBQ Jackfruit w/ Yellow Rice; Broccoli; Fruit Salad; Yeast Roll

Black Bean Soup w/ Vegetables & Noodles; Cornbread

11/13

11/14

Fried Fish w/ Coleslaw; Pasta Salad; Baked Beans; Corn

Chicken Alfredo Bake w/ Carrots; Baked Apples; Bread

Special

Special

Fried Portobello w/ Coleslaw; Pasta Salad; Baked Beans; Corn

Impossible "Chik'n" Alfredo Bake w/ Carrots; Baked Apples; Bread

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

You MUST reserve your meal in kiosk