



NOVEMBER



Dinner Menu 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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***Menu is subject to change according to availability of menu**

					1 Chicken ala King Cheese Manicotti Grilled Pork Chops Sweet Potatoes Southern Style Boston Baked Beans Hacienda Green Beans Corn Collard Greens	2 Caribbean Chicken Breast Pork Chop Parmesan Crusted Brown Rice Buttered Egg Noodle Brussel Sprouts Peas and Carrots Green Beans
3 Spaghetti w/Turkey Meat Sauce Baked Fish w/Lemon Garlic Butter Long Grain & Wild Rice Buttered Parsley Potatoes Succotash Cauliflower Parmesan	4 Baja Baked Cod Chicken Parmesan Scalloped Potatoes Steamed Rice Broccoli Combo Corn Calico Garlic Sauteed Spinach	5 Southern Fried Catfish Sweet Chilli BBQ Meatballs Brown Rice Potatoes and Herbs Curried Cauliflower Stewed Tomatoes Grilled Asparagus	6 Hot and Spicy Chicken Pasta Toscano Crispy Potato Wedges Brown Rice Okra Melange Green Beans w/Mushrooms Cream Style Corn	7 Tuna Noodles German Chicken Schnitzel Baked Potato Halves Steamed Rice Corn on the Cob Glazed Carrots Cauliflower Parmesan	8 Fish Onion Lemon Baked Steak Grilled Pasta Primavera Garlic Mashed Potatoes Rice Steamed Garlic Sauteed Spinach Mixed Vegetables Fried Okra	9 Lemon Baked Fish Herbed Baked Chicken Baked Sweet Potato Steamed Rice Cream Style Corn Broccoli Combo Olive-Oil Braised Carrots
10 Beef Stew Chicken Breast Dijon Rice Pilaf Roasted Pepper Potatoes Asparagus Cauliflower Cream Style Corn	11 Southwestern Fish Chicken Baked Herbed Steamed Rice Mashed Potatoes Peas Mexican Corn Spinach	12 Grilled Steak Mediterranean Salmon Roasted Pepper Potatoes Brown Rice Braised Cabbage Green Beans Cauliflower Combo	13 Crispy Oven Baked Chicken Parmesan Crusted Cod Steamed Rice Baked Sweet Potato Fried Okra Carrots Corn Combo	14 Savory Baked Chicken Oven Fried Fish Brown Rice w/Vegetable Sicilian Mashed Potatoes Garlic Sauteed Spinach Mixed Vegetables Green Beans w/Mushrooms	15 Beef Stir Fry Baked Stuffed Fish Chicken Bulgogi Dirty Rice Lyonnaise Potatoes Japanese Stir Fry Vegetables Glazed Carrots	16 Chili Mac Lemon Pepper Catfish Simmered Pinto Beans Hopping John Rice Roasted Cauliflower Corn Broccoli
17 Cheese Manicotti Fish Onion-Lemon Baked Baked Beans Steamed Rice Herbed Green Beans Vegetables, Mix Carrots	18 Pepper Steak Tuna Noodles Steamed Rice Instant Mashed Potatoes Braised Cabbage Mexican Corn Sauteed Mushrooms and Onions	19 Baja Baked COD Cranberry Glazed Chicken Lyonnaise Potatoes Steamed Rice Roasted Brussel Sprouts Hacienda Corn and Black Beans French Style Peas	20 Parmesan Cod BBQ Beef Cubes Baked Mac and Cheese Steamed Rice Grilled Asparagus Black Eyed Peas Broccoli Combo	21 Stuffed Green Peppers w/Turkey and Lentils Tuna Noodles Brown Rice w/Tomatoes Simmered Pinto Beans Peas Mediteranean Grilled Asparagus Succotash	22 Jamaican Chicken Braised Spareribs Salisbury Grilled Salmon Baked Beans Brown Rice Peas w/ Mushrooms and Onions Green Bean Sesame Glaze Corn on The Cob	23 Oven Fried Fish Steak Smothered in Onions Rissolle Potatoes Oriental Rice Carrots Broccoli Cauliflower Combo
24 Tuna Noodles Savory Baked Chicken Long Grain & Wild Rice Glazed Sweet Potatoes Stewed Tomatoes Broccoli Polonaise Corn	25 Baked Fish w/Lemon Garlic Butter Baked Mexican Chicken Steamed Rice Hacienda Potatoes Corn Combo Roasted Butternut Squash Mixed Vegetables	26 Fish Onion-Lemon Baked Cajun Chicken Dirty Rice Roasted Pepper Potato Carrots on the Griddle Okra Melange Peas Frozen	27 Baked Salmon Honey Mustard Chicken Crispy Potato Wedges Steamed Rice Japanese Stir Fry Vegetables Mixed Vegetables Sauteed Mushroom and onions	28 BBQ Beef Cubes Cajun Baked Fish Brown Rice Oven Browned Potatoes Peas and Carrots Green Beans	29 Chicken ala King Cheese Manicotti Grilled Pork Chops Sweet Potatoes Southern Style Boston Baked Beans Hacienda Green Beans Corn Collard Greens	30 Caribbean Chicken Breast Pork Chop Parmesan Crusted Steamed Brown Rice Buttered Egg Noodle Brussel Sprouts Peas and Carrots Green Beans