



# NOVEMBER



## Lunch Menu 2024

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

					<b>1</b> Baked Chicken Beef Bulgogi Sicilian Brown Rice w/ Vegetable Garlic Mashed Potatoes Herbed Green Beans Fried Okra Braised Cabbage	<b>2</b> Honey Sriracha Chicken Fish, Lemon-Baked Rice, Steamed Pork and Beans Carrots Asparagus Summer Squash
<b>3</b> Oven Fried Fish Cordon Bleu Steamed Rice Roasted Pepper Potatoes Corn Peas and Carrots Asparagus	<b>4</b> Basil Baked Fish Teriyaki Chicken Rice Pilaf Simmered Pinto Beans Green Beans w/Mushroom Oriental Stir Fry Cabbage Cauliflower	<b>5</b> Ginger BBQ Chicken Lemon Basil Pasta Garlic and Soy Roasted Potatoes Steamed Rice Green Bean Sesame Glaze Sauteed Mushrooms & Onions	<b>6</b> Honey Mustard Chicken Breast Baked Fish Red Beans & Rice Mashed Potatoes Broccoli Southern Style Collard	<b>7</b> Polish Sausage Baked Salmon Buttered Parsley Potatoes Brown Rice w/Tomatoes Peas Brussel Sprouts Mixed Vegetables	<b>8</b> Santa Fe Glazed Chicken Parmesan Cod Baked Dijon Pork Chop Long Grain Wild Rice Cottage Fried Potatoes Stewed Tomatoes Cauliflower Corn	<b>9</b> Chicken Parmesan Breast BBQ Beef Cubes Mashed Potato Brown Rice French Style Green Beans Carrots Stewed Tomatoes
<b>10</b> Caribbean Catfish Cheese Manicotti Baked Potato Halves Islander Rice Corn Combo French Style Green Beans Garlic Peas	<b>11</b> BBQ Beef Cubes Baked Fish Baked Mac and Cheese Mashed Potatoes Steamed Brown Rice Carrots Broccoli	<b>12</b> Lemon Basil Shrimp Pasta Grilled Chicken w/ Mustard Sauce Baked Sweet Potato Barley Pilaf Sauteed Mushrooms & Onions Grilled Asparagus	<b>13</b> Honey Ginger Chicken Grilled Salmon w/Citrus Butter Sweet Potatoes Southern Style Spicy Brown Pilaf Rice Southern Style Collard Greens Corn Stewed Tomatoes	<b>14</b> Cajun Chicken Italian Broccoli Pasta Savory Style Beans Oven Browned Potatoes Cauliflower Au Gratin Carrots on the Griddle Broccoli	<b>15</b> Shrimp Scampi Hot and Spicy Chicken Lemon Basil Pasta Buttered Parsley Potatoes Harvest Blend Rice Herbed Green Beans Succotash	<b>16</b> Baked Fish Southern Fried Chicken Boston Baked Beans Buttered Egg Noodles Carrots Peas w/ Mushrooms and Onion Cauliflower Combo
<b>17</b> Chicken Cordon Bleu Pasta Primavera Mashed Potatoes Steamed Rice Brussel Sprouts Cream Style Corn Roasted Butternut Squash	<b>18</b> Cheese Manicotti Steak Ranchero Brown Rice Cottage Fried Potatoes Peas and Carrots Green Beans w/Mushrooms Corn Calico	<b>19</b> Pork Chops Mexicana Fish Onion-Lemon Baked Rice Pilaf Baked Beans Carrots Green Beans Broccoli Polonaise	<b>20</b> Marinated Tomatoes with Penne and Basil Pineapple BBQ Meatballs Islander Rice O'Brien Potatoes Curried Cauliflower French Style Green Beans Vegetable Medley	<b>21</b> Stuffed Green Peppers w/Turkey and Lentils Tuna Noodles Brown Rice w/Tomatoes Simmered Pinto Beans Peas Mediterranean Grilled Asparagus	<b>22</b> Grilled Honey Sriracha Chicken Oven Fried Fish Chili Mac Steamed Rice Baked Potato Succotash Fried Okra Corn Combo	<b>23</b> Turkey Ala King Baja Baked Cod Spinach & Tomato Orzo Parmesan Rice Roasted Cauliflower Carrots on the Griddle Mixed Vegetables
<b>24</b> Chicken Parmesan Baked Fish w/Lemon Garlic Butter Brown Rice Oven Browned Potatoes Corn Calico Roasted Butternut Squash Spinach	<b>25</b> Basil Baked Fish Pasta Provencal Mashed Potatoes Jefferson Noodles Cauliflower Carrots Broccoli Parmesan	<b>26</b> Braised Beef Noodles Grilled Pork Chops Red Beans & Rice Crispy Potato Wedges Corn on the Cob Broccoli Peas w/ Onions	<b>27</b> Baked Dijon Pork Chop Chicken Baked Italian Style Baked Beans Barley Pilaf Sauteed Collard Greens w/Garlic Cauliflower Combo	<b>28</b> Lemon Basil Pasta Maple Ginger Glaze Salmon Cottage Fried Potatoes Rice Pilaf Mixed Vegetables Herbed Green Beans	<b>29</b> Baked Chicken Beef Bulgogi Sicilian Brown Rice w/ Vegetable Garlic Mashed Potatoes Herbed Green Beans Fried Okra Braised Cabbage	<b>30</b> Honey Sriracha Chicken Lemon-Baked Fish Steamed Rice Pork and Beans Carrots Asparagus Summer Squash