

TRADITIONS

October 8 — October 14

SUNDAY 10/8

Vegetable Soup, Chicken and Rice Soup
Fruit Salad w/ Mandarin Oranges, Kiwi, Red Apples & Dried Cherries
Carved Filet Mignon, Italian Frittata w/ Sundried Tomatoes, Spinach, Ham,
& Cheese, Lump Crab Cakes, Roasted Red Potatoes, Fresh Asparagus

MONDAY 10/9

Vegetable Soup, Turkey Noodle Soup
Mango Chicken Salad
Parmesan Encrusted Tilapia, Pizza Casserole, Pulled BBQ Chicken & Cheddar Biscuits, Roasted Potatoes, Green Bean Almandine, Baked Beans

TUESDAY 10/10

Vegetable Soup, New England Clam Chowder
Thai Chicken Salad
BBQ Baby Back Ribs, Grilled Marinated Flank Steak, Red Snapper Veracruz Style over Rice, Roasted Carrots, Buttered Egg Noodles

WEDNESDAY 10/11

Vegetable Soup, Herb Lentil and Sausage Soup
Grilled Bread and Marinated Tomato Salad
Pan Seared Herb Chicken, BBQ Meatloaf, Fish and Chips w/ Hush Puppies,
Twice Baked Potatoes, Brussels Sprouts w/ Cheese Sauce, Risotto

THURSDAY 10/12

Vegetable Soup, Navy Bean Soup w/ Corn Bread
Carrot and Raisin Salad
Skinny Chicken Parmesan, House Smoked Brisket, Shrimp Tortellini Pasta,
Broccoli Casserole, Baked Beans, Slaw

FRIDAY 10/13

Vegetable Soup, Chicken Tortellini Soup
Ambrosia Salad
Taco Casserole, Baked Tilapia, Fried Chicken w/ Corn Bread, Macaroni & Cheese, Country Style Green Beans, Cole Slaw

SATURDAY 10/14

Vegetable Soup, Chicken Noodle Soup
Georgia Shrimp & Radish Salad w/ a Honey Orange Dressing
Tender Pot Roast, Salmon Cakes, Baked Rotisserie Style Chicken
Fresh Zucchini, Roasted Butternut Squash