

# TRADITIONS

December 3 — December 9

## **SUNDAY 12/3**

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 12/4**

Vegetable Soup, Turkey Noodle Soup  
Mango Chicken Salad  
Parmesan Encrusted Tilapia, Chinese Honey Chicken over Jasmine Rice, BBQ  
Pork Shank, Roasted Potatoes, Green Bean Almandine, Baked Beans

## **TUESDAY 12/5**

Vegetable Soup, New England Clam Chowder  
Thai Chicken Salad  
BBQ Baby Back Ribs, Grilled Marinated Flank Steak, Red Snapper Veracruz  
Style over Rice, Braised Kale, Spoon Bread

## **WEDNESDAY 12/6**

Vegetable Soup, Herb Lentil and Sausage Soup  
Grilled Bread and Marinated Tomato Salad  
Pan Seared Herb Chicken, Ketchup Glazed Meatloaf, Fish and Chips w/  
Hush Puppies, Mashed Potatoes, Brussels Sprouts, Squash Casserole

## **THURSDAY 12/7**

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

## **FRIDAY 12/8**

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

## **SATURDAY 12/9**

Vegetable Soup, Chicken Noodle Soup  
Spaghetti Salad  
Tender Pot Roast, Salmon Cakes over Wild Rice, Chicken Pot Pie,  
Fresh Zucchini, Roasted Butternut Squash