



Monday

7/19/2021

Tuesday

7/20/2021

Wednesday

7/21/2021

Thursday

7/22/2021

Friday

7/23/2021

Saturday

7/24/2021

Sunday

7/25/2021

Gumbo

Caldo de Res **GF**

Chicken Tortilla **GF**

Menudo **GF**

Shrimp Poblano

Soup Du jour

Soup Du jour

Five Bean **GF**

Potato Leek **GF**

Tomato Basil **GF**

Potato Stew **GF**

Vegetable Tortilla **GF**

Caesar Salads

Fajita Station

Build Your Own Pasta

Lo Mein Bar

Nachos

BBQ Chicken **GF**

Fish Vera Cruz

Broiled Chicken **GF**

Chicken Fried Steak with

Bacon Wrapped Chop **GF**

Chicken Fajitas **GF**

Smoked Pork

Chili Verde con Carne

with

Gravy

Steak

Chef's Choice

Baked Beans **GF**

Zucchini Mexicana **GF**

Silician Herb Sauce

Herb Roasted Chicken **GF**

Panko Crusted Chicken

Chefs Choice

Spanish Rice **GF**

Southern Potato Salad **GF**

Pico DeGallo Rice **GF**

Pork Cutlet with Basil Demiglace

Green beans and Carrots **GF**

Vegetable Medley **GF**

Sauteed Squash **GF**

Refried Beans **GF**

Plant Based Cole Slaw **GF**

Pinto Beans **GF**

Asparagus **GF**

Steamed Broccoli **GF**

Corn on the Cob **GF**

Mashed Potatoes **GF**

Macaroni and Cheese

Dinner Roll

Flour Tortillas

Creamed Corn **GF**

Mashed Potatoes **GF**

Dinner Rolls

Dinner Roll

Tortillas

Herb Roasted Potatoes **GF**

Garlic Bread Sticks

Dinner Roll

Tofu Tips with Brown Rice

Black Bean and Corn Enchiladas **GF**

Sun Dried Tomato Linguini

Herbed Quinoa and Vegetables **GF**

Eggplant Creole **GF**

Seafood Poboy

Roasted Vegetable and Hummus

Four Bean Hummus Wrap

Chicken Ceaser Wrap

Eggplant and Mushroom Fajita Wrap

Philly steak Pizza

Cheeseburger Pizza

Calzones

GF Gluten free pizza with Cauliflower crust

Mediterranean Pizza

Whole Food Plant Based (Vegan)

GF Gluten Free

GF

