



















	Monday 10/7/2019	Tuesday 10/8/2019	Wednesday 10/9/2019	Thursday 10/10/2019	Friday 10/11/2019	Saturday 10/12/2019	Sunday 10/13/2019
Soup of the day	Gumbo	Potato Leek 	Chicken Tortilla	Menudo	Vegetable Tortilla 	Soup Dajour	Soup Dajour
	Five Bean Soup 	Caldo De Res	Tomato Basil 	Vegetable Potato Stew 	Beef Vegetable		
Sub Station Specials	Seafood PoBoy	Roasted Vegetables and hummus 	4 Bean Hummus Wrap 	Chicken Caesar Wrap	Eggplant and Mushroom Fajita Wrap 	Chicken Bacon Ranch Sub	Classic Italian Sub
		0	0	0	0	0	0
Pizza Kitchen Specials	Philly Steak Pizza	Cheeseburger Pizza	Sun Dried tomato and Vegetable Pizza	BBQ Chicken	Mediterranean Chicken Pizza	Pepperoni Jalapeno Pizza	Flatbread Pizza
Culinary Exchange	Beef Tips	Chicken Tacos	Beef Roast with Demi-glace	Chicken Teriyaki	Chopped Steak with Mushroom Demi Glace	Beef Enchiladas	Panko Crusted Chicken
	Grilled Catfish	Cheese Enchiladas	Pan Fried Fish	Shrimp Stir Fry	Catch of the day	Chef's Choice	Chef's Choice
	Vegetable Medley 	Peas and Tomatoes 	Green Beans 	Asian Vegetables	Brussel Sprouts 	Mexican Zucchini	Vegetable Medley
	White Rice /Brown rice	Peas and Tomatoes	Sauteed Squash	Steamed Broccoli	White Rice /Brown rice	Spanish Rice	Mashed Potatoes
	Garlic Mashed Potatoes 	Ranchero Beans 	Jicama Rice	White Rice /Brown rice 	AuGratin Potatoes 		
	Tofu Stroganoff	Eggplant Fajitas	Curried tempeh with Quinoa	Tofu Lo Mein	Bean Chalupas	Flour Tortillas	Dinner Rolls
	Cornbread	Flour Tortillas	Garlic Bread Sticks	Egg Rolls	Dinner Rolls		
Action Stations	Sliders	Fajita Station	Build Your Own Pasta	Asian Stir Fry	Frito Pie		
The Grill	Philly Cheesesteak (Beef or Chicken)	Greek Flatbread	Chicken Quesdilla		Veggie Burger 	Ultimate Bacon Cheeseburger	Grilled Ham & Cheese Sandwich
Desserts	Peach Cobbler	Tres Leche Cake	Pecan Cobbler	Strawberry Shortcake	Apple Cobbler	Dessert of the Day	Dessert of the Day

 Denotes Whole Foods Plant Based Program

