

Weekly Menu

Sunday

*BBQ Pork Tenderloin **OR**
Chicken Cordon Bleu Casserole Crispy
Potatoes / Baked Broccoli Pecan Pie
with Whipped Cream **OR**
Diet Dessert of Choice*

Monday

*Chicken Salad on Toasted Croissant **OR**
Red Beans & Smoke Sausage
Rice / Sautéed Garlic Spinach
Corn Bread, Fresh Fruit **OR** Diet Dessert*

Tuesday

*Winter Vegetable Soup **OR**
Hot Dog and Chili Potato
Chips
Ice Cream Sandwich
Diet Dessert of Choice*

Wednesday

*Grillades & Grits **OR** Sweet & Sour Chicken
Petit Salad / Egg Rolls / Pecan Rice
Strawberry Cake **OR** Diet Dessert*

Thursday

*Skillet Mac and Beef **OR**
Shrimp in Garlic Sauce
Herb Rice / Roast Veggies Apple-
Cinnamon Bread Pudding **OR** Diet
Dessert*

Friday

*Baked Fish with Toasted Almonds **OR**
Oven Roasted Lemon Chicken Squash
& Zucchini Casserole Cobbler of Choice
Diet Dessert of Choice*

Saturday

*Slow Cooked Pork Stroganoff **OR**
Baked Potato Soup
Noodles / Roast Brussels Sprouts
Chocolate Pudding **OR**
Diet Dessert*