Week 1

Monday
Chicken Marsala
Creamy Mushroom Marsala
Beef & Broccoli Stir-Fry
Basmati Rice | Fried Rice
Spinach
Mixed Vegetables | Stir-fry Vegetables
Pot Stickers

Tuesday
Florentine Tortellini
Chicken Fettucini
General Tso's Chicken
Basmati Rice | Fried Rice
Broccoli | Squash/Zucchini
Stir-fry Vegetables
Pot Stickers
Garlic Bread

Wednesday
Green Chili Casserole
Santa Fe Chicken
Teriyaki Chicken
Refried Beans
Spanish Rice | Fried Rice
Mixed Vegetables | Stir-fry Vegetables
Pot Stickers

Thursday
Seared Salmon
Spicy Pineapple Shrimp
Green Bean Casserole
Scalloped Potatoes
Dirty Rice | Fried rice
Spinach | Stir-fry Vegetables
Pot Stickers

Friday
Hamburger Steak w/ Brown Gravy
Chicken Fried Steak
Schezwan Tempura Chicken
Egg Noodles
Fried Rice
Mixed Vegetables | Stir-fry Vegetables
Corn
Pot Stickers

Week 2

Monday
Chicken Curry Rice
Butter Masala
Beef & Broccoli Stir-fry
Basmati Rice | Fried Rice
Brown Rice & Quinoa
Mixed Vegetables | Stir-fry Vegetables
Spinach

Tuesday
Chicken Carbonara
Baked Spaghetti
General Tso's Chicken
Basmati Rice | Fried Rice
Roasted Cauliflower & Tomatoes
Italian Green Beans
Stir-fry Vegetables
Garlic Bread
Pot Stickers

Wednesday
Panko Chicken Cutlet w/ Lemon Butter Sauce
Breaded Cod
Teriyaki Grilled Chicken
Red Potatoes
Fried Rice
Corn/Broccoli
Stir-fry Vegetables
Pot Stickers

Thursday
Caribbean Jerk Chicken
Spicy Pineapple Shrimp
Basmati Rice | Fried Rice
Mixed Vegetables | Stir-fry Vegetables

Friday
Fried Catfish & Hush Puppies
Chicken Fried Steak
Schezwan Tempura Chicken
Macaroni & Cheese
Green Beans
Fried Rice
Stir-fry Vegetables
Pot Stickers

Menus subject to change

ENTREE $5.49
SIDE DISH $2.49
DESSERT $2.99

Combo Plate $10.71
Includes entree, 2 sides & dessert
-side salad can be substituted for dessert