## SEPTEMBER - 2018

Available upon request: fresh fruit, salads, fat free ice cream, NSA desserts, & low sodium items.			SEPTEMBER - 2018 —			
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						Chicken Alfredo 1 Meatballs with Marinara sauc Baked Tillapia with spinach/ tomato Buttered fettucine Candied yams Cream spinach Parmesan Cauliflower Green beans
Fried chicken Chicken n dumplings Pecan crusted catfish Broccoli & cheese Baked sweet potato Corn nuggets Blackeyed peas Butter beans	Hamburger 3 Smoked chicken Beef brisket Happy Labor Baked beans Coleslaw Potato salad Tater tots Grilled Vegetables *(Served in Azalea Court)*	Steamed Shrimp slider Fried chicken livers Meatloaf Turnip greens Blackeyed peas Rosemary potatoes Cream corn Fried okra	Chicken & Wild rice casserole Beef stew 5 Grilled pork tenderloin Steamed cabbage Roasted sweet potatoes Wild rice Fried squash Crowder peas	Chicken piccata Pot roast Salmon Crouqette Wild rice Cream potatoes English peas Green beans almondine Baked apples	Fried catfish Chicken quesadilla Shrimp taco Pinto beans Creole rice Roasted corn Collard greens Avocado salad	Chicken spaghetti  Lemon pepper catfish  Beef tips  Mashed potatoes  Steamed cabbage  Rice pilaf  Steamed vegetables  Baked pears
Smoked Ham Pot Roast Fried Seafood Platter Mashed potatoes & gravy Baby lima beans Roasted Brussel sprouts Corn pudding Blackeyed peas	Grilled salmon 10 Honey smoked drumsticks Country fried steak Twice baked potato Baked sweet potato Roasted Brussel sprouts Broccoli & cauliflower Butter beans	Filet Mignon Grilled grouper Fried pork chop Rice & gravy Baked potato Field peas Turnip greens Whole green beans	Baked chicken Fried chicken Stuffed tomato with tuna Baked sweet potato English peas Crowder peas Honey carrots Steamed cabbage	Pork Loin 13 Lemon poppy seed chicken Meatloaf Smashed potatoes English peas Wild rice Shoe peg corn Roasted vegetables	Fried catfish Kentucky Hot Browns Crab cake Shoe peg corn Peas & carrots Collard greens Blackeyed pea salad French fries	Roasted turkey breast Smoked Pork Shoulder Honey glazed drumsticks Cornbread dressing Sweet potato casserole Steamed asparagus Sugar Snap peas Baked apples
Fried chicken 16 Lemon catfish with seafood stuffing Smoked meat trio Mashed Potatoes Baked sweet potato Steamed Cabbage English peas Blackeyed peas	Chicken artichoke lasagna 17 Grill chicken tenders w/ honey almond glaze Fried Shrimp Wild rice Cream corn Steamed Vegetables Steamed Cauliflower Sweet potato fries	Chicken pot pie Spaghetti & meatsauce Catfish almondine Herb rice Broccoli & cheese Fried okra Green beans Beets	Chicken sausage Jambalaya Shephard's pie Steamed shrimp 19 Creole rice Buttered corn Boiled baby potatoes Sautéed spinach & tomatoes Blackeyed peas	Fried pork chop Smoked ham Baked tilapia Rice & gravy Baby lima beans Carrot soufflé' Steamed vegetables Baked sweet potato	Fried catfish Cheeseburger Grilled Cobia Tater tots Baked beans Corn & sweet peppers Turnip greens Cajun boiled potatoes	Chopped steak Fish & chips Roasted turkey Sweet potato casserole Mashed potatoes & gravy Green beans Steamed broccoli Steamed vegetables
Fried chicken  Southwest redfish filet Turkey pot roast Rice & gravy Squash casserole Honey Carrots Roasted corn Baked sweet potato	Red beans & rice Smoked Pork loin Grilled mahi mahi Baked pears Baked sweet potato Fried green tomatoes Okra & tomatoes Rice pilaf	Filet Mignon 25 Grilled salmon King ranch chicken casserole Baked Potato Pasta Parmesan Spinach casserole Carrot Soufflé' Asparagus	Parm.chicken, spinach & feta crepes Spaghetti with meatsauce 26 Smothered chicken thighs Fried squash Cream pudding Whole green beans Rice & gravy Steamed mixed vegetables	Baked Ziti with Italian sausage Lemon shrimp & angel hair Pot Roast 27 Mashed potatoes & gravy Butter beans Asparagus Peas & carrots Wild rice	Fried catfish Bacon Cheeseburger Smoked chicken Tater tots Baked beans Collard greens Steamed broccoli Potato salad	Lasagna 29 Chicken stir fry Country fried steak Sweet potato casserole Roasted vegetable medley Mashed potatoes & gravy Fried okra Butter peas
Shrimp & grits 30 Smoked ham & mini cheese quiche Fried chicken Spinach & cheese quiche Hash brown casserole Butter Peas Cheese grits Steamed cabbage Baked apples						