

Oct 28th	Oct 29th	Oct 30th	Oct 31st	Nov 1st
Oriental Pepper Steak	Basil baked fish	Spicy catfish poboy	Baked Florentine turkey roulade	Cheese tortellini w/ marinara
Oven browned potatoes	Jefferson noodles	Red Beans and rice	Italian style baked beans	Cornbread dressing
Spinach	Broccoli parmesan	Cajun Style Vegetables	Scalloped corn	Fried cauliflower

Nov 4th	Nov 5th	Nov 6th	Nov 7th	Nov 8 <sup>th</sup> (Family Day Closed)
Almond crusted cod	Chili Mac	Shrimp kabob	Ziti w/ meat sauce	
Steamed rice	Rice Pilaf	Garlic and soy roasted potaoes	Red beans and rice	
Asparagus	Oriental stir fry cabbage	Green bean w/ sesame glaze	Southern style collard greens	

Nov 11 <sup>th</sup> (Veterans Day Holiday, Closed)	Nov 12th	Nov 13th	Nov 14th	Nov 15th	Nov 16th	Nov 17th
	Baked chicken	Lemon basil shrimp pasta	Grilled salmon w/ citrus butter	Chicken Florentine	Southwest shrimp linguine	Creole Fish Fillets
	Baked mac and cheese	Roasted redskin potatoes	Sweet potatoes southern style	Savory style beans	Garlic mashed potatoes	Roasted pepper potatoes
	Black eyed peas	Broccoli Polonaise	Southern style collard greens	Cauliflower au gratin	Herbed green beans	Roasted cauliflower

Nov 18th	Nov 19th	Nov 20th	Nov 21st	Nov 22nd
Roast beef	Pepper steak	Beef Brogul	Marinated tomatoes w/ penne and basil	Tuna noodles
Mashed potatoes	Roasted redskin potatoes	Rice pilaf	Islander rice	Brown rice w/ tomato
Creamed style corn	Sauteed mushrooms and onions	Carrots	Vegetable medley	Mediterranean grilled asparagus

Nov 25th	Nov 26th	Nov 27th	Nov 28 <sup>th</sup> (Thanksgiving, Closed)	Nov 29 <sup>th</sup> (Family Day, Closed)
Chicken Parmesan	Basil baked fish	Spicy catfish Poboy		
Oven browned potatoes	Jefferson noodles	Red beans and rice		
Corn calico	Broccoli parmesan	Cajun style vegetables		