

GARDEN APARTMENT LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
Roast Beef Panini	Turkey/Bacon	Chicken Caesar Wrap	Reuben Sandwich	Chicken Salad	Egg Salad Sandwich	Pimiento Cheese
	Croissant Sandwich			Croissant Sandwich		Sandwich
Barbecue Chicken						
	Spaghetti with Meat	Fried Chicken	Smothered Chicken	Fried Catfish	Chicken Tenders with	Turkey with Gravy
Steak Fingers with	Sauce				Gravy	
Gravy		Shrimp Étouffée	Salmon Croquettes	Flank Steak		Pork Roast
	Oven Fried Pork Chop		with Dill Sauce		Pepperoni Pizza	
Mashed Potatoes	Roasted New Potatoes	Macaroni & Cheese	Rice	Potato Wedges	Mashed Potatoes	Cornbread Dressing
Baked Beans	Corn	Crowder Peas	Black-eyed Peas	Ranch Style Beans	Creamed Corn	Peas and Onions
Fried Okra	Roasted Asparagus	Tomato Pie	Kale	Mixed Greens	Glazed Carrots	Baby Carrots
Cauliflower	Parmesan Tomatoes	Steamed Cabbage	Fried Broccoli	Carrot Coins		
Boston Cream Pie	Honey Bun Cake	Buttermilk Chess Pie	Chocolate Pecan Sheet	Peanut Butter Pie	Lemon Cake	Apple Cobbler
			Cake			

Heart Healthy Entrée Options

Parmesan Crusted Fish	Salmon with Dill	Baked Chicken with	Eggplant Lasagna	Lemon Baked Fish	Turkey Meatloaf	Spinach Stuffed
		Tomatoes and Capers				Portobello Mushroom





