



HEALTH CENTER BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Choice of Hot or Cold Cereal		Choice of Egg	Breakfast Meat	Choice of Juice	Breakfast Bread or Biscuit	Margarine/Jelly/Syrup	Milk

HEALTH CENTER LUNCH

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

Heart Healthy Entrée Options

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
French Onion Soup	Cream of Potato Soup	Corn Chowder	Beef & Vegetable Soup	Chicken Noodle Soup	Cream of Chicken Soup	Tomato Florentine Soup
Chicken Salad with Grapes, Tomato Wedges, Boiled Eggs Roast Beef Panini French Dip	Salisbury Steak Hot Ham & Cheese	Bacon & Cheese Quiche Chicken Caesar Wrap	Chicken Quesadilla Club Sandwich	Beefy Mexican Mac Chicken Salad on Croissant	Pancakes, Eggs, Sausage Deli Sandwich	Meatloaf Grilled Cheese
Cottage Cheese & Peaches Carrot & Raisin Salad	Mashed Potatoes Italian Green Beans	Capri Blend Vegetables	Marinated Cucumbers and Tomatoes	Cut Green Beans	Marinated Mushrooms	Scalloped Potatoes 5-Way Mixed Vegetables
7-Up Cake	Angel Food Cake	Turtle Cheesecake	Peach Cobbler	Banana Pudding	Fresh Fruit with Whipped Cream	Cherry Pie

