



11/23/2020

11/24/2020

11/25/2020

11/26/2020

11/27/2020

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Choice / Entrée	Baked Fish	Liver & Onion Sauce	Salisbury Steak	Closed for Thanksgiving	Closed for Thanksgiving
Entrée	Meatloaf	Smothered Pork Chop	Turkey & Dressing		
Entrée			Parmesan Fish		
Entrée/Chicken	Fried Chicken Tenders	Baked Cajun Chicken			
Side/Vegetable	Cabbage	Rice	Green Beans		
Side/Vegetable	Corn	Buttered Okra	Mashed Potatoes		
Healthy Choice/Side	Pinto Beans	Turnip Greens	Broccoli		
Healthy Choice/Side	Broccoli	Black-Eyes	Carrots		
Healthy Choice/Fruit/Dessert	Apple	Banana	Banana		
Soup					
Side/Salads	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad		
Side/Salads	Fresh Fruit Salad	Strawberry and Bananas			
Side/Salads			Pasta Salad		
Healthy Choice/Bread	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat		
Bread	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick		
Hot Dessert	Cobbler	Cobbler	Cobbler		
Dessert			Yellow Cake		
Dessert	Red Velvet Cake	Italian Cream Cake			
Dessert	Sweet Potato Pie		Sweet Potatoes Pie		
Dessert		Custard Pie			



11/30/2020

12/1/2020

12/2/2020

12/3/2020

12/4/2020

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Choice / Entrée	Lemon Pepper Fish	Liver & Onion Sauce	Salisbury Steak w/Mushroom	Baked Fish	Grilled Pork Loin with Onion Sauce
Entrée	Baked Swiss Steak	Smothered Pork Chops	Chicken Etouffee	Spaghetti & Meatballs	Southern Fried Fish
Entrée					
Entrée/Chicken	Fried Chicken Tenders	Baked Cajun Chicken	Parmesan Fish	Fried Chicken	Rotisserie Chicken
Side/Vegetable	Fried Green Tomatoes	Rice	Fried Squash	Sweet Potatoes	Carrot Souffle
Side/Vegetable	Cauliflower	Macaroni and Cheese	Green Beans	Broccoli	Broccoli and Rice
Healthy Choice/ Side	Corn	Turnip Greens	New Potatoes	Spinach	Corn
Healthy Choice/ Side	Broccoli w/Cheese	Black-Eyes	Peas & Carrots	Pinto Beans	Mixed Squash
Healthy Choice/ Fruit/Dessert	Chocolate Pudding	Apple	Banana	Vanilla Pudding	Orange
Soup					
Side/Salads	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
Side/Salads	Fresh Fruit Salad			Strawberry and Bananas	Fresh Fruit Salad
Side/Salads		Spiced Beets	Pasta Salad		
Healthy Choice/ Bread	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat
Bread	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick
Hot Dessert	Cobbler	Cobbler	Cobbler	Cobbler	Cobbler
Dessert		Chocolate Cake	Yellow Cake		Yellow Cake
Dessert	Red Velvet Cake			Italian Cream Cake	Red Velvet Cake
Dessert	Sweet Potato Pie		Sweet Potatoes Pie		Sweet Potatoes Pie
Dessert		Custard Pie		Custard Pie	



12/7/2020

12/8/2020

12/9/2020

12/10/2020

12/11/2020

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Choice / Entrée	Red Beans and Rice	Beef Liver with Grilled Onions	Salisbury Steak with Onions	Baked Fish with Lemon Sauce (pollock)	Grilled Pork Loin
Entrée	Meatloaf	Smothered Pork Chop	Hot Dogs & Chili	Spaghetti & Meatsauce	Southern Fried Fish
Entrée	Baked Fish				
Entrée/Chicken	Fried Chicken Tenders	Baked Cajun Chicken	Lemon Pepper Baked Chicken	Fried Chicken	Spicy Cajun chicken
Side/Vegetable	Fried Green Tomatoes	Rice	Green Beans	Macaroni & Cheese	Cabbage
Side/Vegetable	Grilled Vegetables	Buttered Okra	Fried Squash	Broccoli & Rice	Carrot Souffle
Healthy Choice/ Side	Cauliflower	Turnip Greens	New Potatoes	Roasted Potatoes	Rutabagas
Healthy Choice/ Side	Broccoli	Black-eyed Peas	Carrots	Spinach	Lima Beans
Healthy Choice/ Fruit/Dessert	Chocolate Pudding	Banana	Orange	Banana	Apple
Soup					
Side/Salads	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
Side/Salads	Fresh Fruit Salad	Strawberry and Bananas			
Side/Salads			Pasta Salad	Cucumber and Onion	Cole Slaw
Healthy Choice/ Bread	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat
Bread	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick
Hot Dessert	Cobbler	Cobbler	Cobbler	Cobbler	Cobbler
Dessert	Yellow Cake			Chocolate Cake	
Dessert		Italian Cream Cake	Red Velvet Cake		Red Velvet Cake
Dessert	Sweet Potato Pie				Sweet Potatoes Pie
Dessert		Custard Pie	Buttermilk Chess	Custard Pie	



12/14/2020

12/15/2020

12/16/2020

12/17/2020

12/18/2020

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Choice / Entrée	Lemon Pepper Fish	Liver & Onion Sauce	Salisbury Steak with Sautéed Mushrooms	Baked Fish	Pork Loin with Onion Sauce
Entrée		Parmesan fish	Sausager Crusted Fish	Spaghetti & Meatballs	Southern Fried Fish
Entrée	Swiss Steak	Smothered Pork Chop			
Entrée/Chicken	Fried Chicken Tenders		Baked Chicken	Fried Chicken	Rotisserie Chicken
Side/Vegetable	Broccoli	Smothered Okra	Green Beans	Broccoli & Rice	Carrot Soufflé
Side/Vegetable	Twice Baked Potato	Macaroni & Cheese	White Rice	Sweet Potatoes	Cabbage
Healthy Choice/Side	Cauliflower with Cheese Sauce	Yellow Rice	Peas & Carrots	Corn	Harvard Beets
Healthy Choice/Side	Pinto Beans	Turnip Greens	Broccoli	Spinach	Mixed Squash
Healthy Choice/Fruit/Dessert	Vanilla Pudding	Banana	Strawberries & Bananas	Chocolate Pudding	Orange
Soup					
Side/Salads	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
Side/Salads	Fresh Fruit Salad	Strawberry and Bananas	Fresh Fruit Salad	Strawberry and Bananas	Fresh Fruit Salad
Side/Salads	Broccoli Madeline	Spiced Beets	Pasta Salad	Cucumber and Tomato	Carrot and Raisin
Healthy Choice/Bread	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat	Sliced Whole Wheat
Bread	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick
Hot Dessert	Cobbler	Cobbler	Cobbler	Cobbler	Cobbler
Dessert	Yellow Cake	Chocolate Cake	Yellow Cake	Chocolate Cake	Yellow Cake
Dessert	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake
Dessert	Sweet Potato Pie	Coconut Pie	Sweet Potatoes Pie	Coconut Pie	Sweet Potatoes Pie
Dessert	Buttermilk Chess	Custard Pie	Buttermilk Chess	Custard Pie	Buttermilk Chess