



Heart Healthy

Monday	Tuesday	Wednesday	Thursday	Friday
10/21/2024	10/22/2024	10/23/2024	10/24/2024	10/25/2024
Mandarin Beef	Coconut Honey Mustard Chicken	Chicken Pot Pie	Sauerbraten	German Goulash
Tilapia Tortilla	Shrimp Scampi over Linguine	Grilled Salmon w/ Mango Salsa	Cod w/ Mustard Cream Sauce	Tropical Mahi Mahi
Employee Meal	Employee Meal	Employee Meal	Employee Meal	Employee Meal
Baked Ziti (V)	Mediterranean Chickpea Bake	Stuffed Shells (V)	Penne Ala Vodka (V)	Spinach Ravioli(V)
		<u>Side Items</u>		
White Rice	Toasted Orzo	Jasmine Rice	Spaetzle	Egg Noodles
Mashed Potatoes	Potato Medley	Roasted Red Bliss Potatoes	Potato Pancakes	Basmati Rice
Succotash	Roasted Broccoli	Cauliflower	Red Cabbage & Apples	Glazed Carrots
Italian Blend Vegetables	Five Way Mixed Vegetables	Capri Blend Vegetables	Mixed Vegetables	Capri Blend Vegetables
Macaroni & Cheese	Macaroni & Cheese	Macaroni & Cheese	Macaroni & Cheese	Macaroni & Cheese
Chicken Noodle	Beef Noodle	Soups of the Day Chicken & Rice	Chicken Florentine	Manhattan Clam Chowder
Hearty Vegetable	Roasted Red Pepper & Smoked Gouda (V)	Cream of Potato (V)	Butternut Squash (V)	Cream of Mushroom (V)
Southern Style BBQ Chicken	Southern Style BBQ Chicken	Hot Salad Southern Style BBQ Chicken	Southern Style BBQ Chicken	Southern Style BBQ Chicken
		<u>CHEF TABLE</u>		
Shrimp Stir Fry	Taco Tuesday	Guest Chef	Fish & Chips w/ Home Fried Potato Chips	Quesadilla