

Garden fresh salad bar, soup, dessert station, and drinks available. Menu subject to change.**Friday, October 29, 2021****Lunch**

Honey Ginger Chicken (Green, Low)
Lemon Basil Pasta (Yellow Moderate)
Stuffed Baked Pork Chops (Yellow, Low)

Dinner

Swiss Steak w/Brown Gravy (Yellow, High)
Cranberry Glazed Chicken (Green, Moderate)
Pork Roast Tenderloin (Green, Low)

Saturday, October 30, 2021**Lunch**

Chicken Cordon Bleu (Red, High)
Baja Fish Tacos (Green, High)
Beef Brogul (Yellow, Low)

Dinner

Jamaican Chicken (Green, Low)
Pasta Primavera (Yellow, Moderate)
Grilled Pork Chops (Yellow, Low)

Sunday, October 31, 2021**Lunch**

Chicken Fajita Quinoa (Green, Low)
Pork Chops Mexicana (Green, Moderate)
Parmesan Crusted Cod (Yellow, Moderate)

Dinner

Swedish Meatballs (Ground Turkey) (Yellow, High)
Lemon Baked Fish (Green, Low)
Italian Broccoli Pasta (Yellow, High)

Monday, November 1, 2021**Lunch**

Swedish Meatballs (Ground Turkey) (Yellow, High)
Lemon Baked Fish (Green, Low)
Italian Broccoli Pasta (Yellow, High)

Dinner

BBQ Beef Cubes (Red, High)
Polynesian Fillet (Green, Low)
Stir Fried Garden Vegetables w/Marinated Tofu and Brown Rice (Green, Low)

Tuesday, November 2, 2021**Lunch**

Southern Fried Catfish (Red, Moderate)
Stuffed Green Peppers (Beef) (Yellow, High)
Chicken Florentine (Green, Low)

Dinner

Shrimp Stir Fry (Green, High)
Pasta Toscano (Yellow, High)
Chicken Fajitas (Fajita Strips) (Yellow, High)

Wednesday, November 3, 2021**Lunch**

Cheese Tortellini with Marinara (Green, High)
Turkey Breast Fillet (Yellow, Low)
Cantonese Spareribs (Red, High)

Dinner

Chicken Enchilada (Yellow, High)
Pasta Provençal (Green, High)
Fish w/SW Salsa (Green, Low)

Thursday, November 4, 2021**Lunch**

Baja Baked Cod (Green, High)
Baked Mexican Chicken (Yellow, High)
Southwestern Sweet Potatoes Balck Beans and Corn (Green, Moderate)

Dinner

Turkey and Spinach Meatloaf (Green, Moderate)
Baked Salmon (Green, Low)
Baked Salmon (Green, Low)

Friday, November 5, 2021**Lunch**

Jerk Roast Turkey (Green, Low)
Pollock w/Crisp Herb Parmesan Breadcrumbs (Yellow, High)
Ziti with Meat Sauce (Yellow, Low)

Dinner

Pineapple BBQ Meatballs (Yellow, Low)
Crispy Oven Baked Chicken (Yellow, Low)
Lemon Baked Fish (Green, Low)

Saturday, November 6, 2021**Lunch**

Baked Chicken (Green, High)
Southwestern Shrimp Linguine (Yellow, High)
Beef Pot Pie (Yellow, High)

Dinner

Chicken Fajita Quinoa (Green, Low)
Taco Lasagna (Yellow, Moderate)
Pork Chops Mexicana (Green, Moderate)

Sunday, November 7, 2021**Lunch**

Roast Turkey (Yellow, Moderate)
Eggplant Parmesan (Red, High)
Beef Fajita Quinoa (Green, Low)

Dinner

Turkey Lentil Chili (Green, Moderate)
California Veggie Quesadilla (Yellow, Moderate)
Braised Spareribs (Yellow, Moderate)

Monday, November 8, 2021**Lunch**

Spinach Lasagna (Yellow, High)
Basil Baked Fish (Yellow, Moderate)
Grilled Steak (Green, Low)

Dinner

BBQ Brisket (Yellow, Moderate)
Southwestern Sweet Potatoes Black Beans and Corn (Green, Moderate)
Stuffed Baked Pork Chops (Yellow, Low)

Tuesday, November 9, 2021**Lunch**

Grilled Pork Chops (Yellow, Low)
Baked Salmon (Green, Low)
Savory Baked Chicken (Yellow, Moderate)

Dinner

Honey Mustard Chicken Breast (Green, Moderate)
Parmesan Fish (Yellow, Moderate)
Beef Fajitas (Green, High)

Wednesday, November 10, 2021**Lunch**

Pineapple BBQ Meatballs (Yellow, Low)
Baked Fish w/Lemon Garlic Butter (Green, Moderate)
Marinated Tomatoes w/Penne and Basil (Green, High)

Dinner

Grilled Honey Sriracha Chicken (Green, Low)
Shrimp Scampi (Yellow, High)
Mexican Pork Chops (Green, Moderate)

Thursday, November 11, 2021**Lunch**

Caribbean Chicken (Green, Moderate)
Zesty Pork Chops (Yellow, Low)
Caribbean Catfish (Yellow, Moderate)

Dinner

Stir Fry Chicken w/Broccoli (Green, High)
Cheese Manicotti (Yellow, High)
BBQ Beef Cubes (Red, High)

Friday, November 12, 2021**Lunch**

Crispy Oven-Baked Chicken (Yellow, Low)
Fish w/SouthWest Salsa (Green, Low)
Beef Bulgogi (Green, High)

Dinner

Turkey Lentil Chili (Green, Moderate)
Hot Italian Sausage (Red, High)
Stuffed Baked Fish (Yellow, Low)

Saturday, November 13, 2021**Lunch**

Turkey Nuggets (Red, High)
Mediterranean Quinoa Cakes (Green, Moderate)
Pasta Primavera (Yellow, Moderate)

Dinner

Salmon w/Maple Ginger Glaze (Yellow, High)
Broccoli Quiche (Yellow, Low)
Roast Beef (Green, High)

Sunday, November 14, 2021**Lunch**

Bourbon Chicken (Yellow, Low)
Fiesta Fish (Green, Moderate)
Simmered Beef (Yellow, Low)

Dinner

Lemon Pepper Catfish (Yellow, Low)
Spaghetti w/Turkey Meat Sauce (Green, Moderate)
Baked Dijon Pork Chop (Green, Moderate)

Monday, November 15, 2021**Lunch**

Creole Fish Fillets (Green, Moderate)
Pasta Provençal (Green, High)
Braised Spareribs (Yellow, Moderate)

Dinner

Marinated Tomatoes With Penne And Basil (Green, High)
Cajun Chicken (Green, Moderate)
Beef Stew (Yellow, Moderate)

Tuesday, November 16, 2021**Lunch**

Southwestern Sweet Potatoes Black Beans and Corn (Green, Moderate)
Almond Crusted Cod (Yellow, Moderate)
Pepper Steak (Yellow, Low)

Dinner

Baked Florentine Turkey Roulade (Green, Low)
Braised Beef & Noodles (Yellow, Moderate)
Sweet and Spicy Orange Salmon (Yellow, Moderate)

Wednesday, November 17, 2021**Lunch**

Herbed Baked Chicken (Green, Low)
Stir Fried Garden Vegetables w/ Marinated Tofu and Brown Rice (Green, Low)
Pineapple BBQ Meatballs (Yellow, Low)

Dinner

Fish Onion-Lemon Baked (Green, Low)
Ground Turkey Lasagna (Yellow, High)
Chili Mac (Green, Moderate)

Thursday, November 18, 2021**Lunch**

Southern Fried Chicken (Red, Moderate)
Shrimp Jambalaya (Yellow, High)
Baked Dijon Pork Chop (Green, Moderate)

Dinner

Honey Ginger Chicken (Green, Low)
Tuna Noodles (Yellow, High)
Cantonese Spareribs (Red, High)

Friday, November 19, 2021**Lunch**

Grilled Chicken w/ Mustard Sauce (Green, Moderate)
Meat Loaf (Yellow, Moderate)
Parmesan Cod (Yellow, Moderate)

Dinner

Yankee Pot Roast (Green, Low)
Chicken Cacciatore (Green, Moderate)
Oven Fried Fish (Yellow, Low)

Saturday, November 20, 2021**Lunch**

Fish Lemon Baked (Green, Low)
Chicken Parmesan (Red, High)
BBQ Brisket (Yellow, Moderate)

Dinner

Beef Stir Fry (Green, High)
Salmon w/Maple Ginger Glaze (Yellow, High)
Chicken Bulgogi (Green, High)

Sunday, November 21, 2021**Lunch**

Shrimp Scampi (Yellow, High)
Stuffed Green Peppers w/Turkey and Lentils (Green, High)
Orange Rosemary Honey Glazed Pork Chop (Yellow, Low)

Dinner

Hot and Spicy Chicken (Green, Moderate)
Spinach Lasagna (Yellow, High)
Mambo Pork Roast (Yellow, Low)

Monday, November 22, 2021**Lunch**

Chicken Ala King (Green, Moderate)
Broccoli Quiche (Yellow, Low)
Roast Beef (Green, High)

Dinner

Baja Fish Taco (Green, High)
Beef and Corn Pie (Green, Moderate)
Eggplant Parmesan (Red, High)

Tuesday, November 23, 2021**Lunch**

Harvest Veg and Bean Ragout (Green, Moderate)
Baked Stuffed Fish (Yellow, Low)
Parmesan Crusted Pork Chop (Yellow, High)

Dinner

Turkey Ala King (Yellow, High)
Grilled Salmon w/Citrus Butter (Yellow, High)
Cheese Tortellini with Marina (Green, High)

Wednesday, November 24, 2021**Lunch**

California Veggie Quesadilla (Yellow, Moderate)
Fish Veracruz (Green, Moderate)
Chicken Breast Dijon (Yellow, High)

Dinner

Chicken with Dumplings (Yellow, Moderate)
Almond Crusted Cod (Yellow, Moderate)
Grilled Steak (Green, Low)

Thursday, November 25, 2021**Lunch**

Spaghetti w/Meatballs (Ground Turkey) (Yellow, Low)
Chicken Cacciatore (Green, Moderate)
BBQ Beef Cubes (Red, High)

Dinner

Herbed Baked Chicken (Green, Low)
Lemon Basil Shrimp Pasta (Yellow, Moderate)
Pepper Steak (Yellow, Moderate)