



## Monday

### HOT BAR

Lemon Pepper Chicken Wings  
 Buttered Corn  
 Potato Wedges  
 Old Fashioned Meatloaf  
 Spinach  
 White and Wild Rice  
 Panko Whiting Fish  
 Mixed Vegetables  
 Tortellini in Tomato Cream Sauce

### ASIAN BAR

White Rice  
 Vegetable Fried Rice  
 Korean Noodles  
 Sautéed Cabbage and Carrots  
 General Tso's Chicken  
 Hunan Pork

### SOUP

Du Jour

## Tuesday

### HOT BAR

Beef Tacos  
 Southwest Chicken  
 Pork Carnitas  
 Cuban Black Beans  
 Mexican Rice  
 Corn and Peppers  
 Refried Beans  
 Flour Tortillas/Taco Shells  
 Corn Beef Hash  
 Irish Mashed Potatoes  
 White Fish in Leek Cream Sauce  
 Cajun Fish

### ASIAN BAR

White Rice  
 Vegetable Fried Rice  
 Singapore Noodles  
 Sautéed Cauliflower  
 Szechuan Wings  
 Sweet and Sour Pork

### SOUP

Du Jour

## Wednesday

### HOT BAR

Fried Chicken  
 Scalloped Potatoes  
 Collard Greens  
 Roast Beef and Gravy  
 Green Beans  
 Egg Noodles  
 Lemon Parmesan Fish  
 Yellow Rice  
 Carrots  
 Penne Pasta with Meatballs

### ASIAN BAR

White Rice  
 Vegetable Fried Rice  
 Vegetable Lo Mein  
 Tofu in Black Bean Sauce  
 Teriyaki Chicken  
 Black Pepper Beef

### SOUP

Du Jour

## Thursday

### HOT BAR

Oven Roasted Turkey  
 Celery and Sage Bread Stuffing  
 Natural Turkey Gravy  
 Mashed Potatoes  
 Cranberry Sauce  
 Pork Loin and Apples  
 Vegetable Melange  
 Ground Beef Stroganoff  
 Lemon Pepper Potatoes  
 Peas and Onions  
 Salmon

### ASIAN BAR

White Rice  
 Vegetable Fried Rice  
 Taiwanese Noodles  
 Green Beans  
 Moo Goo Gai Pan  
 Chinese Honey Pork

### SOUP

Du Jour

## Friday

### HOT BAR

Chili Mac  
 Corn Nuggets  
 Potato Wedges  
 Fried Fish  
 Hush Puppies  
 Brussels Sprouts  
 Pasta Alfredo

### ASIAN BAR

White Rice  
 Vegetable Fried Rice  
 Drunken Noodles  
 Zucchini Squash  
 Curry Chicken  
 Mongolian Pork

### SOUP

Du Jour

This month's Wellness Theme is "National Nutrition Month: Healthy Bites for Life." For nutritious recipes, wellness tips, and more, visit [nutrition.ilcreations.com](http://nutrition.ilcreations.com).