



Monday

HOT BAR

Cuban Pork
 Roasted Carrots
 Corn and Peas
 Buttered Pasta
 Meatballs and Marinara
 Spicy Potatoes
 Chicken Paprikash
 Yellow Rice
 Spinach
 Lime Roasted White Fish

ASIAN BAR

White Rice
 Chicken Fried Rice
 Korean Noodles
 Sautéed Green Beans
 Moo Goo Gai Pan
 Mongolian Pork

SOUP

Egg Drop

Tuesday

HOT BAR

Beef Tacos
 Chicken Fajitas
 Pork Carnitas
 Cuban Black Beans
 Mexican Rice
 Corn and Peppers
 Refried Beans
 Flour Tortillas/Corn Taco Shells
 Chicken Pot Pie
 Broccoli
 Egg Noodles
 Baked White Fish

ASIAN BAR

White Rice
 Vegetable Fried Rice
 Singapore Noodles
 Sautéed Bok Choy
 Asian Hot Wings
 Hunan Pork

SOUP

Hot and Sour

Wednesday

HOT BAR

Fried Chicken
 Macaroni and Cheese
 Collard Greens
 BBQ Ribs
 Baked Beans
 Corn Nuggets
 Tortellini and Tomato Cream
 Sauce
 Roasted Vegetables
 Steamed Green Beans
 White Fish Veloute

ASIAN BAR

White Rice
 Vegetable Fried Rice
 Vegetable Lo Mein
 Cauliflower
 Bourbon Chicken
 Beef and Broccoli

SOUP

Tofu Soup

Thursday

HOT BAR

Oven Roasted Turkey
 Natural Turkey Gravy
 Celery and Sage Bread Stuffing
 Mashed Potatoes
 Cranberry Sauce
 Beef Stroganoff
 Egg Noodles
 Lemon Pepper Chicken Wings
 Cauliflower
 Brussels Sprouts
 Salmon

ASIAN BAR

White Rice
 Vegetable Fried Rice
 Taiwanese Noodles
 Sautéed Cabbage and Carrots
 Sesame Chicken
 Chinese Honey Pork

SOUP

Chicken Noodle

Friday

HOT BAR

Chili Mac
 Potato Wedges
 Spinach
 Fried Fish
 Vegetable Melange
 Hush Puppies

ASIAN BAR

White Rice
 Vegetable Fried Rice
 Drunken Noodles
 Zucchini and Squash
 Teriyaki Chicken
 Kung Pao Pork

SOUP

Hot and Sour

This month's Wellness Theme is Eating Well on a Budget. For nutritious recipes, wellness tips, and more, visit nutrition.ilcreations.com.