



Monday

HOT BAR

Jerk Chicken
 Curry Roasted Vegetables
 Peas and Rice
 Caribbean Beef Stew
 Egg Noodles
 Cornbread
 Baked White Fish
 Steamed Spinach
 Honey Carrots
 Baked Pasta Marinara

ASIAN BAR

White Rice
 Vegetable Fried Rice
 Korean Noodles
 Sautéed Green Beans
 Lemon Pepper Wings
 Hunan Pork

SOUP

Egg Drop

Tuesday

HOT BAR

Beef Picante
 Southwest Chicken
 Pork Carnitas
 Refried Beans
 Corn and Peppers
 Mexican Rice
 Corn and Peppers
 Refried Beans
 Flour Tortillas/Corn Taco Shells
 Lemon Pepper Fish
 Steamed Broccoli
 Summer Orzo
 Chicken Curry

ASIAN BAR

White Rice
 Vegetable Fried Rice
 Singapore Noodles
 Sautéed Bok Choy
 Sesame Chicken
 Kung Pao Pork

SOUP

Hot and Sour

Wednesday

HOT BAR

BBQ Ribs
 Baked Beans
 Green Peas
 Cauliflower
 Egg Noodles
 Swedish Meatballs
 Fried Chicken
 Macaroni and Cheese
 Collard Greens
 White Fish Veloute

ASIAN BAR

White Rice
 Vegetable Fried Rice
 Vegetable Lo Mein
 Sautéed Cabbage and Carrots
 Bourbon Chicken
 Pepper Steak

SOUP

Tofu Soup

Thursday

HOT BAR

Roasted Pork Loin
 White and Wild Rice
 Celery and Sage Bread Stuffing
 Vegetable Baked Pasta
 Mashed Potatoes
 Natural Turkey Gravy
 Cranberry Sauce
 Maryland Rockfish
 Braised Cabbage
 Roasted Green Beans
 Spicy Buffalo Style Wings

ASIAN BAR

White Rice
 Vegetable Fried Rice
 Taiwanese Noodles
 Mapo Tofu
 Orange Chicken
 Chinese Honey Pork

SOUP

Chicken Noodle

Friday

HOT BAR

Chili Mac
 Corn Medley
 Fried Fish
 Potato Wedges
 Roasted Brussels Sprouts
 Steamed Carrots
 Fried Okra

ASIAN BAR

White Rice
 Vegetable Fried Rice
 Drunken Noodles
 Zucchini and Squash
 Bourbon Chicken
 Pork and Black Bean Sauce

SOUP

Hot and Sour

This month's Wellness Theme is Supplement Do's and Don'ts. For nutritious recipes, wellness tips, and more, visit nutrition.ilcreations.com.