

**BREAKFAST: 6:30 – 10 a.m.**  
**LUNCH: 11 a.m. – 2 p.m.**  
**CLOSED: 2 – 3 p.m.**

**GRILL ONLY: 3 – 4 p.m.**  
**DINNER: 4 – 7 p.m.**  
**GRILL ONLY: 7 – 9 p.m.**

*(Items subject to change.)*

Monday, October 14	Tuesday, October 15	Wednesday, October 16
<p><b>Featured:</b> Roast Beef in Au Jus w/ Vegetables Chicken &amp; Dumplings Popcorn Shrimp Basket <i>Chicken &amp; Dumpling Soup</i></p> <p><b>Sides:</b> Mashed Potatoes Thickened Peas Baby Carrots Green Beans Escalloped Apples <i>AppleCobbler</i></p>	<p><b>Featured:</b> Fried Pork Chops Stuffed Chicken Breast Swiss Mushroom Burger <i>Chicken &amp; Sausage Gumbo</i></p> <p><b>Sides:</b> Butter Beans Fried Okra Green Beans Scalloped Potatoes <b>Sicilian Blend</b> <i>Bread Pudding</i></p>	<p><b>Featured:</b> Macaroni Beef &amp; Tomatoes <b>"Oven Baked Crunchy Tilapia w/ Lemon Butter"</b> Fried Chicken Sandwich <i>Tomato Basil Soup</i></p> <p><b>Sides:</b> <b>Green Beans</b> <b>Pinto Beans</b> <b>Scalloped Tomatoes</b> Cheese Sticks Stewed Whole Potatoes <i>Cherry Cobbler</i></p>
Thursday, October 17	Friday, October 18	Saturday, October 19
<p><b>Featured:</b> Salmon Croquettes Beef Tips w/ Rice BBQ Nachos <i>Potato Soup</i></p> <p><b>Sides:</b> Red Potatoes <b>Cut Corn</b> <b>Broccoli Spears</b> Blackeye Peas Green Beans <i>Peach Cobbler</i></p>	<p><b>Featured:</b> Chicken Parmesan Cajun Catfish Turkey Avocado Club Wrap <i>Chicken Tortilla Soup</i></p> <p><b>Sides:</b> <b>Bermuda Blend</b> Mashed Potatoes Green Beans Macaroni &amp; Cheese Fried Apple Crescents <i>Blackberry Cobbler</i></p>	<p><b>Featured:</b> <b>Stuffed Chicken w/ Broccoli</b> Stuffed Peppers <i>Cream of Broccoli Soup</i></p> <p><b>Sides:</b> Loaded Potato Casserole <b>California Blend</b> Lima Beans Wild Rice <i>Apple Cobbler</i></p>
Sunday, October 20	Served Every Day:	Healthy Tips:
<p><b>Featured:</b> <b>Sliced Ham w/ Pineapple</b> Fried Chicken <i>Vegetable Soup</i></p> <p><b>Sides:</b> Candied Yams Broccoli Rice Casserole <b>Cut Corn</b> Green Beans <i>Blackberry Cobbler</i></p>	<p>Breakfast Daily Hamburgers Cheeseburgers <b>Hot Ham &amp; Cheese</b> <b>Hot Turkey Sandwich</b> Fish Sandwich <b>Chicken Salad Sandwich</b> <b>Tuna Salad Sandwich</b> Pimento Cheese Bologna Sandwich <b>Grilled Chicken</b> <b>Veggie Burgers</b></p> <p><b>Cold Ham or Turkey Sandwich</b> <b>Salad Bar</b> Soup of the Day Assorted Desserts Cobbler of the Day French Fries Onion Rings Chicken Fingers <b>Yogurt Shooters</b> <b>Baked Potato</b> <b>Baked Sweet Potato</b></p>	<p><b>Items in red are healthier choices.</b> <b>National Trail Mix day is in August!</b> Nuts are a great source of healthy fats in your diet. But be careful, they are still a high calorie item so make sure you eat the correct amount. A serving size of nuts is ¼ cup or small handful; this makes a great 180 calorie snack! Nuts are a good source of fiber, provide B vitamins, vitamin E, and minerals like calcium, iron, zinc, potassium, and magnesium. Sprinkle on your salad, in your yogurt, or in trail mix with dried fruit.</p>

