



Week 1 Dinner



	Monday 4-Nov	Tuesday 5-Nov	Wednesday 6-Nov	Thursday 7-Nov	Friday 8-Nov	Saturday 9-Nov	Sunday 10-Nov
MARKET ST. DELI	Black and Blue	Classic Club	Tuna Salad	Cuban Panini			
BRAVO! SpudCUT	CYO Glazed Salmon	CYO Flank Steak	CYO Sliced Chicken	CYO Glazed Salmon			
J. CLARK'S GRILLE	Bacon Cheeseburger	Cheese Pupusa	Fried Catfish Sandwich	Chicken Tenders			
<i>Main Plate</i>	Roasted Turkey and Gravy	Fried Cod	Shrimp Alfredo	Tuscan Chicken			
	Mashed Potatoes	Tater Tots	Cheese Garlic Biscuits	Garlic Mashed Potatoes			
	Cornbread Stuffing	Garlic Sauteed Spinach and Tomatoes	Bourbon Roasted Carrots	Roasted Brussel Sprouts			
	Garlic Butter Carrots	Roasted Zucchini	Seasoned Green Beans	Asian Roasted Broccoli			
	Ratatouille	Korean Fried Cauliflower	Vegetable Alfredo	Tuscan Gardein Chik'n			
Live Well							
duJour	Clam Chowder	Corn Chowder	Creamy Sweet Potato Soup	Roasted Vegetable Soup			

* Contains or may contain raw or undercooked ingredients. Consuming raw or uncooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.

-  Denotes Vegetarian Item
-  Denotes Vegan Item
-  Denotes Gluten-Free Item