



Week 1 Dinner



	Monday 2-Dec	Tuesday 3-Dec	Wednesday 4-Dec	Thursday 5-Dec	Friday 6-Dec	Saturday 7-Dec	Sunday 8-Dec
MARKET ST. DELI	Black and Blue	Classic Club	Tuna Salad	Cuban Panini			
BRAVO! <i>Spud Cut</i>	CYO Glazed Salmon	CYO Flank Steak	CYO Sliced Chicken	CYO Glazed Salmon			
J. CLARK'S GRILLE	Bacon Cheeseburger		Fried Catfish Sandwich	Chicken Tenders			
<i>Main Plate</i>	Spaghetti and Meatballs	Chicken Pot Pie	Shrimp Alfredo	Tuscan Chicken			
	Garlic Bread	Redskin Mashed Potatoes	Cheese Garlic Biscuits	Garlic Mashed Potatoes			
	Garlic Broccoli	Garlic Sauteed Spinach and Tomatoes	Bourbon Roasted Carrots	Roasted Brussel Sprouts			
	Yellow Squash	Roasted Asparagus	Seasoned Green Beans	Asian Roasted Broccoli			
Live Well	Spaghetti and Garden Vegetable Sauce	Vegetable Pot Pie	Vegetable Alfredo	Tuscan Gardein Chik'n			
duJour	Split Pea Soup	Tomato Bisque	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