

Example Meal Menu

Wednesday

- Turkey Sausage Stack
- Seafood Gumbo w/ Griddle Cake
- Grilled Pork Tenderloin w/ Roasted Butternut Squash, & Mustard Glazed Purple Cabbage

Thursday

- Ham & Broccoli Quiche
- Chicken Tetrazzini w/ Whole Wheat Pasta
- Turkey Meatloaf w/ Mashed taters, & Smothered Green Beans
(Reset= Dill Carrots)