

Monday September 29th, 2025

Cilantro Rice

Mashed Potatoes & Gravy

Parmesan-Roasted Broccoli

Baked Cod in Orange Sauce

Golden Crispy Chicken

Parmesan Mushroom Sauce

Roasted Garlic N.Y. Steak

Red Wine Sauce

Soup of the Day

Chicken Noodle



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MENU!

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Tuesday September 30th, 2025

Yellow Rice

Patatas Bravas

Lemon-Roasted Asparagus

Pan-Seared Flounder

Lemon Sauce

Skillet Chicken

Creamy Sundried Tomato Sauce

Grilled Flank Steak

Italian Salsa Verde

Soup of the Day

Chicken Noodle



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Wednesday October 1st, 2025

Vegetable Rice

Grilled Zucchini & Yellow Squash
Balsamic Glaze Reduction

Roasted Herb Potato Medley

Mexican Style Salmon

One Pot Hot Honey Chicken Fajita

Grilled Skirt Steak
Chimichurri Sauce

Soup of the Day

Chicken Noodle



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Thursday October 2nd, 2025

White Rice

Steamed Cauliflower

Cheese Fondue

Roasted Baby Carrots

Baked Jerk Cod

Rolled Up Chicken

Feta, Spinach & Sundried Tomatoes

Pan-Seared Hanger Steak

Gravy Sauce

Soup of the Day

Chicken Noodle



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Friday October 3rd, 2025

Coconut Rice

Stuffed Peppers

Rice, Mozzarella Cheese & Ground Beef

Roasted Parmesan Potato Wedges

Blackened Flounder

Creamy Dill Sauce

Chicken Curry

Beef Goulash

Soup of the Day

Chicken Noodle



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