

MONDAY 10/4

Weekly Soup-Tomato Basil

Daily Soup-Bacon and Bean

App-Waffle Fry, Sun-Dried Tomato Cheese Sauce

Feature-Roasted Half Chicken, Creamed Corn, Red Bliss Mashed

Potatoes

TUESDAY 10/5

Weekly Soup-Tomato Basil

Daily Soup-Stuffed Pepper

App-Sausage Stuffed Mushrooms

Feature-Burgandy Beef Tips, Garlic Spinach, Fingerling Potatoes

WEDNESDAY 10/6 (3 POINT MEAL)

Weekly Soup-Tomato Basil

Daily Soup-Beef Barley

App-Mini Franks in Puff Pastry, Whole Grain Mustard

Feature- Herb Crusted Rack of Lamb, Brown Rice Pilaf, Mint Roasted

Carrots

THURSDAY 10/7

Weekly Soup-Tomato Basil

Daily Soup-Split Pea with Sweet Potato

App-Honey Glazed Boneless Wings

Feature- Carved Ham, Red Eye Gravy, Cheddar Grits, Collard Greens

FRIDAY 10/8

Weekly Soup-Tomato Basil

Daily Soup- Manhattan Shrimp Chowder

App-Smoked Salmon & Cream Cheese Phyllo Cups

Feature-Red's Best

SATURDAY 10/9 MOROCCAN NIGHT

Weekly Soup-Tomato Basil

Daily Soup- Chickpea & Spinach Stew

App-Caponata on Crostini

Feature- Grilled Flank Steak, Chermoula Sauce, Red Lentils, Roasted

Vegetables

*Please note that specials are subject to change.

