




chef for hire

home delivered meals

Monday	Tuesday	Wednesday	Thursday	Friday
		1 3 Sisters Stew  w/ 1 cup (2oz)Ground Bison Collard Greens ½ cup Corn Casserole ½ cup Mandarin oranges ½ cup Milk	2 Smoked Sausage w/Pepp Onions 2oz Peas Roasted Potatoes ½ cup Wheat Bread 2 each Strawberry Applesauce ½ cup Milk	3 Chicken Parmesan Key West Blend ½ cup Roasted Redskin Potatoes ½ cup Wheat Bread 1 each Mango Cup ½ cup Milk
6 Oven Fried Chicken Thigh Whipped Sweet Potatoes ½ cup Chopped Collard Greens ½ cup Orange Juice ½ cup Milk	7 Spaghetti 1 cup w/Tomato Sauce Parmesan Meatballs 2oz Italian Green Beans ½ cup California Blend ½ cup Diced Peaches ½ cup Milk	8 Smothered Chicken Breast Rice Pilaf ½ cup Key West Vegetables ½ cup Wheat Bread applesauce Milk	9 BBQ Beef Green Beans ½ cup Scalloped Potatoes ½ cup WG Bun Diced Peaches ½ cup Milk	10 Thanksgiving Dinner! Sliced Turkey w/gravy Maple Sweet Potatoes ½ cup Festive Green Beans ½ cup Pumpkin Pie Diced Pears ½ cup Milk
13 Grilled Hamburger Mac & Cheese ½ cup Festive Green Beans ½ cup Diced pears ½ cup Wheat Bun Milk	14 Pot Roast w/Gravy 2oz Broccoli ½ cup Mashed Potatoes ½ cup Applesauce ½ cup Milk	15 Cheesy Smothered Chopped Steak 3oz Rice Pilaf ½ cup Italian Green Beans ½ cup Wheat Bread 1 each Mandarin Oranges ½ cup Milk	16 Country Ham & Beans 1 cup (2oz) Diced Carrots ½ cup Diced Beets ½ cup Corn Bread 2 each Mixed Fruit ½ cup Milk	17 Almond Crusted Fish 3 oz Spinach ½ cup Scalloped Potatoes ½ cup Diced Peaches ½ cup Wheat Bread 1 slice Milk
20 Teriyaki Chicken & Noodles 1 cup 2oz Stir Fry Vegetables ½ cup Mandarin oranges ½ cup Milk	21 Breakfast Bagel w/ 1 grain Sausage Egg & Cheese 2oz Roasted Sweet Potatoes ½ cup Applesauce ½ cup Milk	22 Cheese Lasagna w/ Vegetable Marinara 2oz Diced Carrots ½ cup Lima Beans ½ cup Wheat Roll 1 each Pineapple ½ cup Milk	23 Happy Thanksgiving Beef Stew 1 cup(2oz) Corn ½ cup Turnip greens ½ cup Diced Peaches ½ cup Wheat Bread Milk	24 Meatloaf w/Gravy 3oz Brussels Sprouts ½ cup Mashed Potatoes ½ cup Wheat Bread 2 slice Mandarin Oranges ½ cup Milk
27 Chicken & Noodles 1 cup 2oz Rosemary Potatoes ½ cup Broccoli ½ cup Wheat Roll 1 grain Birthday Treat 1 grain Milk	28 Vegetarian Chili 1 cup California Blend ½ cup Vegetables Roasted Sweet Potatoes ½ cup Cornbread 1 each Tropical Fruit ½ cup Milk	29 Pot Roast w/Gravy Mashed Potatoes ½ cup Broccoli Cuts ½ cup Applesauce ½ cup Wheat Bread 2 slices Milk	30 Ginger BBQ Chicken Whipped Sweet Potatoes ½ cup Collard Greens ½ cup Wheat Bread 2 slice Diced Pears ½ cup Milk	 Day Cultur

*Menus are subject to change based on product availability.