NOTE: ITEMS IN GREEN ARE VEGAN

SUNDAY
LUNCH
Parmesan Chicken, Pan Seared Mahi Mahi, wild rice, fried zucchini sticks, and a San Fran veggie blend

DINNER
Hickory Smoked Beef Brisket, Southern Fried Chicken, baby bakers, steamed rice, brown gravy, pinto beans, turnip greens, cornbread, and homemade rolls

MONDAY
LUNCH
Pepper Steak, Crispy Orange Chicken, Vegetable Egg Roll, fried rice, stir fried cabbage, and Asian vegetable blend.

DINNER
Carved Roast Beef Au Jus, Fried Shrimp, rice pilaf, mashed potatoes & gravy, cauliflower, green peas, and homemade rolls

TUESDAY
LUNCH
Beef or Chicken Taco Salad Bar, served over Tortilla Chips with choice of olives, lettuce, cheese, jalapeno, tomato, sour cream, salsa, onion

DINNER
Carved turkey breast with cranberry sauce, Brown Sugar Glazed Ham, sweet potato casserole, cornbread dressing, buttered corn, Brussels sprouts, and homemade rolls

WEDNESDAY
LUNCH
Pulled Pork, Grilled Chicken Breast with Carolina White Sauce, baked beans, broccoli spears, sautéed peppers and corn, garlic bread

DINNER
Grilled Sirloin Tips, Fried Bay Scallops, with herbal butter, macaroni and cheese, green beans, rice, sautéed squash, and homemade rolls

THURSDAY
LUNCH
Chicken Pot Pie, Grilled Pork Chops, mashed potatoes, chicken gravy, Collard greens, Cornbread and baby field peas

DINNER
Thuba’s Lasagna, Sauteed Shrimp, scalloped potatoes, broccoli spears, buttered carrots, pasta tossed to order with Alfredo or Marinara sauce, garlic bread, and homemade rolls

FRIDAY
LUNCH
Baked Chicken Alfredo, Marinated Atlantic Salmon Fillet, sautéed baby green beans sauteed mushrooms, and Fresh Seasonal Vegetable

DINNER
Carved Hickory Smoked Barbecue Pork Spare Ribs, Fried Catfish, baked potato, fried okra mixed vegetables, coleslaw, hushpuppies, and homemade rolls.

SATURDAY
LUNCH
Beef Pot Roast, Teriyaki Chicken, Fried Rice, green bean casserole, and a Capri vegetable blend

DINNER
Fajita Bar, Seasoned Taco Meat, Chicken Fajita Meat, Pork Tamale, Peppers & Onions, Mexican Rice, Refried Beans, Corn Soufflé, Soft and Hard Tortillas

*Saturday lunch and dinner & Sunday lunch only available when classes are in session