

Café Specials

October 2024



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Jerk Chicken with Coconut Rice and Island Style Cabbage	2 Eggplant or Chicken Parmesan with Collard Greens and Breadstick	3 Italian Sausage with Mac and Cheese and Roasted Cauliflower	4
7 Teriyaki Chicken with Rice and Broccoli	8 Tilapia Fish Tacos with Jicama Slaw	9 Rotisserie Chicken with Rice Pilaf and Roasted Broccoli	10 Blackened Salmon with Creamy Risotto and Roasted Brussel Sprouts	11
14 Coq Au Vin with Roasted Red Potatoes and Asparagus	15 Pan Seared Pork Chop with Apple Stuffing and Spring Mix	16 Tuna Noodle Casserole with Side Salad	17 Lasagna with Roasted Carrots and Breadstick	18
21 Sausage Jambalaya with Green Beans and Biscuit	22 Sweet and Sour Chicken with White Rice and Bok Choy	23 Spaghetti and Meatballs with Breadstick	24 Pork Roast with Vegetable	25
28 Fish Cakes with Remoulade Sauce and Mixed Veggies	29 Pesto Noodles and Turkey Meatballs	30 Margherita Basil with Mediterranean Flatbread	31 Herb Roasted Chicken with Deviled Eggs and Roasted Zucchini	

*Prices are as listed in the Café, while supplies last