

## **This Weeks Menu**

### ***Monday***

Red Beans and Rice

Cabbage

Yams

Corn

Vegetable Soup

### ***Tuesday***

Cajun Catfish

Flank Steak

Greens

Roasted Potatoes

Squash and Zucchini

Chicken Noodle Soup

### ***Wednesday***

Fried Chicken

Beef Stew

White Rice

Macaroni and Cheese

Cauliflower

Butter Beans

Vegetable Medley

Potato Soup

***Thursday***

Blackened Catfish

Chicken Parmesan

Carrot Souffle

Roasted Broccoli

Macaroni and Cheese

Yams

Broccoli and Cheese Soup

***Friday***

Fried Catfish

Chili Mac

Broccoli

Okra and Tomatoes

Corn

Grits

Sea Food Gumbo