

MENU

Three Rivers
Week 3 October 19



Monday

Better Butter Chicken
Curry Roasted Cauliflower and Red Peppers
Spiced and Herb Potatoes

Salmon with Coconut Sauce
Sautéed Kale
Basmati Rice

Soup: Chicken Noodle

Grill: All American Sloppy Joe



Tuesday

Chipotle Lime Smokey Brisket
Pinto Beans
Spanish Style Rice

Chicken Enchiladas
Seasoned Black Beans
Cinnamon Churros
Fresh Salsa Verde

Soup: Chicken Tortilla

Grill: Shrimp Basket



Wednesday

Baked Chicken Wings
Jo Jo Potato Wedges
Sweet and Spicy Brussel Sprouts
Garlic Parmesan

Crispy Chicken Wings
Smoked Gouda Macaroni and Cheese
Spicy Garlic Buffalo Sauce
Carrot and Celery Sticks

Soup: Broccoli Cheddar

Grill: Chili Cheese Hotdog



Thursday

Maryland Style Crab Cake
Smashed Red Potatoes
Rice Pilaf w/ Mushrooms

BBQ Spiced Salmon
Summer Succotash
Roasted Broccoli w/ Garlic

Soup: Lobster Bisque

Grill: Philly Cheesesteak



Friday

Sweet Soy Glazed Chicken Thighs
Roasted Cauliflower
Sweet and Spicy Brussels

Chicken Sausage w/ Green Peppers
White Cheddar Macaroni and Cheese
Pimento Macaroni and Cheese

Soup: Smoked Gouda

Grill: Fish and Chips