

MENU

Three Rivers
Week 4 October 26



Monday

Teriyaki Shrimp
Hibachi Fried Rice
Hibachi Vegetables
Yum Yum Sauce

Hibachi Teriyaki Chicken
Jasmine Rice
Vegetable Egg Roll

Soup: Chicken Noodle

Grill: All American Sloppy Joe



Tuesday

Puerto Rican Chicken
Fricassee
Braised Sweet Potatoes
Black Beans and Rice

Blackened Tilapia
Mango Coconut Rice
Smokey Collard Greens

Soup: Chicken Tortilla

Grill: Shrimp Basket



Wednesday

Crispy Fried Haddock
Fettuccini
Sautéed Kale
Pesto Alfredo Sauce

Turkey Bolognese
Penne Pasta w/ Parsley
Italian Peas and Mush-rooms

Soup: Broccoli Cheddar

Grill: Chili Cheese Hotdog



Thursday

Smothered Pork Chops
Sweet Potato Hash
with Peppers
Creamed Spinach

Pecan Crusted Chicken
Savannah Red Rice
Braised Cabbage

Soup: Lobster Bisque

Grill: Philly Cheesesteak



Friday

Beef Hot Dog
Tator Tots
Chili
Sauerkraut

Italian Sausage
Potato Wedges
Coleslaw
Cheese Sauce

Soup: Smoked Gouda

Grill: Fish and Chips