

SUNDAY	MONDAY November 28	TUESDAY November 29	WEDNESDAY November 30	THURSDAY	FRIDAY	SATURDAY
<b><i>BREAKFAST</i></b>	<b><i>BREAKFAST</i></b>	<b><i>BREAKFAST</i></b>	<b><i>BREAKFAST</i></b>	<b><i>BREAKFAST</i></b>	<b><i>BREAKFAST</i></b>	<b><i>BREAKFAST</i></b>
	Pure Breakfast Bar 15 oz.	Pure Breakfast Bar 15 oz.	Pure Breakfast Bar 15 oz.			
	Pure Food Burrito	Pure Food Burrito	Pure Food Burrito			
	Pure Food Grain Bowl	Pure Food Grain Bowl	Pure Food Grain Bowl			
	Turkey Bacon	Grilled Turkey Sausage	Grilled Turkey Patty			
	Bacon	Bacon	Bacon			
	Creamed Beef	Creamed Beef	Creamed Beef			
	French Toast	French Toast	French Toast			
	Pancakes	Pancakes	Chocolate Chip Pancakes			
	Biscuits	Biscuits	Biscuits			
	Brown Rice	Hash Brown Patty	Cottage Fried Potatoes			
	Boiled Eggs	Boiled Eggs	Boiled Eggs			
	Fried Eggs	Fried Eggs	Fried Eggs			
	Omelet	Omelet	Omelet			
	Grits	Grits	Grits			
	Oatmeal	Oatmeal	Oatmeal			
	Breakfast Sandwich	Breakfast Sandwich	Breakfast Sandwich			
<b><i>DAILY SOUP/SALAD</i></b>	<b><i>DAILY SOUP/SALAD</i></b>	<b><i>DAILY SOUP/SALAD</i></b>	<b><i>DAILY SOUP/SALAD</i></b>	<b><i>DAILY SOUP/SALAD</i></b>	<b><i>DAILY SOUP/SALAD</i></b>	<b><i>DAILY SOUP/SALAD</i></b>
Pure Bar - Lunch/Dinner Large & Small	Pure Bar - Lunch/Dinner Large & Small	Pure Bar - Lunch/Dinner Large & Small	Pure Bar - Lunch/Dinner Large & Small	Pure Bar - Lunch/Dinner Large & Small	Pure Bar - Lunch/Dinner Large & Small	Pure Bar - Lunch/Dinner Large & Small
<b><i>LUNCH</i></b>	<b><i>LUNCH</i></b>	<b><i>LUNCH</i></b>	<b><i>LUNCH</i></b>	<b><i>LUNCH</i></b>	<b><i>LUNCH</i></b>	<b><i>LUNCH</i></b>
	Oriental Pepper Steak	Basil Baked Fish	Spicy Catfish Po'boy			
	Chicken Parmesan	Turkey Breast Fillet	Grilled Pork Chops			

	Baked Fish with Lemon Garlic Butter	Pasta Provencal	Cajun Meatloaf			
	Cream Gravy	Turkey Gravy	Chicken Gravy			
	Brown Rice	Jefferson Noodles	Crispy Potato Wedges			
	Oven Browned Potatoes	Mashed Potatoes	Red Beans and Rice			
	Corn Calico	Cauliflower	Corn on the Cobb			
	Spinach	Broccoli Parmesan	Peas with Onions			
<b><i>DINNER</i></b>	<b><i>DINNER</i></b>	<b><i>DINNER</i></b>	<b><i>DINNER</i></b>	<b><i>DINNER</i></b>	<b><i>DINNER</i></b>	<b><i>DINNER</i></b>
	Pork Roast Tenderloin	Baja Fish Tacos	Lemon - Onion Baked Fish			
	Tuna Noodles	Baked Mexican Chicken	Simmered Beef			
	Savory Baked Chicken	Beef Stir-Fry	Cajun Chicken			
	Long Grain & Wild Rice	Steamed Rice	Dirty Rice			
	Glazed Sweet Potatoes	Hacienda Potatoes	Roasted Pepper Potatoes			
	Chicken Gravy	Mushroom Gravy	Brown Gravy			
	Broccoli Polonaise	Cauliflower Combo	Cajun Style Vegetables			
	Corn	Mediterranean Lima Beans	Fried Okra			
	Stewed Tomatoes	Hacienda Green Beans	Green Beans			