

SUNDAY October 22	MONDAY October 23	TUESDAY October 24	WEDNESDAY October 25	THURSDAY October 26	FRIDAY October 27	SATURDAY October 28
<i>BREAKFAST</i>	<i>BREAKFAST</i>	<i>BREAKFAST</i>	<i>BREAKFAST</i>	<i>BREAKFAST</i>	<i>BREAKFAST</i>	<i>BREAKFAST</i>
Pure Breakfast Bar 15 oz.	Pure Breakfast Bar 15 oz.	Pure Breakfast Bar 15 oz.	Pure Breakfast Bar 15 oz.	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 Burrito	Pure Food Burrito	Pure Food Burrito	Pure Food Burrito
Pure Food Grain Bowl	Pure Food Grain Bowl	Pure food Grain Bowl	Pure food Grain Bowl	Pure food Grain Bowl	Pure food Grain Bowl	Pure food Grain Bowl
Grilled Turkey Sausage Links	Grilled Turkey Patty	Turkey Bacon	Grilled Turkey Sausage Links	Grilled Turkey Patty	Turkey Bacon	Grilled Turkey Sausage Links
Bacon	Bacon	Bacon	Bacon	Bacon	Bacon	Bacon
Creamed Beef	Creamed Beef	Creamed Beef	Creamed Beef	Creamed Beef	Creamed Beef	Creamed Beef
Pancakes	Waffles	French Toast	Chocolate Chip Pancakes	French Toast	Pancakes	French Toast
Biscuits	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits
Hash Brown Patty	Hash Brown Patty	Brown Rice	Cottage Fried Potatoes	Brown Rice	Hash Brown Potatoes	Cottage Fried Potatoes
Boiled Eggs	Boiled Eggs	Boiled Eggs	Boiled Eggs	Boiled Eggs	Boiled Eggs	Boiled Eggs
Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs
Fried Eggs	Fried Eggs	Fried Eggs	Fried Eggs	Fried Eggs	Fried Eggs	Fried Eggs
Omelet	Omelet	Omelet	Omelet	Omelet	Omelet	Omelet
Grits	Grits	Grits	Grits	Grits	Grits	Grits
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal
Breakfast Sandwich						
<i>DAILY SOUP/SALAD</i>	<i>DAILY SOUP/SALAD</i>	<i>DAILY SOUP/SALAD</i>	<i>DAILY SOUP/SALAD</i>	<i>DAILY SOUP/SALAD</i>	<i>DAILY SOUP/SALAD</i>	<i>DAILY SOUP/SALAD</i>
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
<i>LUNCH</i>	<i>LUNCH</i>	<i>LUNCH</i>	<i>LUNCH</i>	<i>LUNCH</i>	<i>LUNCH</i>	<i>LUNCH</i>
Turkey Lentil Chili	Roast Beef	Chicken Kabob	Beef Brogul	Meatloaf	Swiss Steak with Brown Gravy	Grilled Honey Sriracha Chicken
Shrimp Jambalaya	Chicken Cordon Bleu	Pepper Steak	Pork Schnitzel	Marinated Tomatoes with Penne Pasta and Basil	Stuffed Green Peppers	Chili Macaroni
Southern Fried Chicken	Pasta Primavera	Tuna Noodles	Onion Lemon Baked Fish	Mr. Z's Baked Chicken	Tuna Noodles	Shrimp Chop Suey
Onion Gravy	Brown Gravy	Chicken Gravy	Brown Gravy	Chicken Gravy	Brown Gravy	Brown Gravy
Boston Baked Beans	Mashed Potatoes	Steamed Rice	Rice Pilaf	Islander's Rice	Brown Rice with Tomatoes	Steamed Rice
Buttered Egg Noodles	Steamed Rice	Roasted Redskin Potatoes	Baked Beans	O'Brien Potatoes	Simmered Pinto Beans	Baked Potato
Peas with Mushrooms and Onions	Brussel Sprouts	Braised Cabbage	Carrots	Curried Cauliflower	Succotash	Oriental Stir Fry Cabbage
Carrots	Cream Style Corn	Mexican Corn	Green Beans	French Style Green Beans	Peas	Corn Combo

Cauliflower Combo	Roasted Butternut Squash	Sauteed Mushroom and Onions	Broccoli Polonaise	Vegetable Medley	Mediterranean Grilled Asparagus	Fried Okra
<i>DINNER</i>	<i>DINNER</i>	<i>DINNER</i>	<i>DINNER</i>	<i>DINNER</i>	<i>DINNER</i>	<i>DINNER</i>
Baked Dijon Chicken	Turkey Nuggets	Sweet and Spicy Orange Salmon	Almond Crusted Cod	BBQ Beef Cubes	Lasagna	Jamaican Chicken
Chili Mac	Beef and Corn Pie	Cheese Tortellini	Hamburger Yakisoba	Chicken Enchiladas	Chicken Cacciatore	Braised Spareribs
Lemon Pepper Catfish	Bourbon Chicken	Steak Ranchero	Cranberry Glazed Chicken	Ground Turkey Lasagna	Italian Broccoli Pasta	Salisbury Grilled Salmon
Brown Gravy	Turkey Gravy	Chicken Gravy	Brown Gravy	Chicken Gravy	Brown Gravy	Brown Gravy
Simmered Pinto Beans	Long Grain and Wild Rice	Brown Rice	Steamed Rice	Steamed Rice	Harvest Blend Rice	Brown Rice
Hopping John Rice	Oven Browned Potatoes	Cottage Fried Potatoes	Lyonnais Potatoes	Baked Macaroni and Cheese	Franconia Potatoes	Baked Beans
Roasted Cauliflower	Japanese Stir Fry Vegetables	Peas and Carrots	Brussel Sprouts	Grilled Asparagus	Scalloped Corn	Peas with Mushroom and Onions
Broccoli	Herbed Green Beans	Green Beans with Mushrooms	Hacienda Corn and Black Beans	Black- Eyed Peas	Herbed Green Beans	Sesame Glazed Green Beans
Corn	Grilled Asparagus	Corn Calico	French Style Peas	Broccoli Combo	Roasted Butternut Squash	Southern Style Collard Green Beans