SUNDAY November 1	MONDAY November 2	TUESDAY November3	WEDNESDAY November4	THURSDAY November5	FRIDAY November 6	SATURDAY November7
BREAKFAST	***BREAKFAST***	***BREAKFAST***	***BREAKFAST***	***BREAKFAST***	***BREAKFAST***	***BREAKFAST***
PURE BREAKFAST BAR 15.0Z	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
GILLED TURKEY LINK	Turkey Bacon	Grilled Sausage Links	Grilled Turkey Patty	Turkey Bacon	Grilled Turkey Sausage Links	Grilled Turkey Patty
BACON	Bacon	Bacon	Bacon	Bacon	Bacon	Bacon
CREAMED BEEF	Creamed Beef	Creamed Beef	Creamed Beef	Creamed Beef	Creamed Beef	Creamed Beef
PANCKAES	French Toast	Pancakes	Chocolate Chip Pancakes	French Toast	Pancakes	French Toast
BISCUITS	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits
HASH BROWN PATTY	Shredded Hash Browns	Hash Brown Patty	Brown Rice	Hash Brown Patty	Shredded Hash Brown Potatoes	Cottage Fried Potatoes
BOILED EGGS	Boiled Eggs	Boiled Eggs	Boiled Eggs	Boiled Eggs	Boiled Eggs	Boiled Eggs
SRAMBLED 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	Omelet	Omelet
DAILY SOUP/SALAD	***DAILY SOUP/SALAD***	***DAILY SOUP/SALAD***	***DAILY SOUP/SALAD***	***DAILY SOUP/SALAD***	***DAILY SOUP/SALAD***	***DAILY SOUP/SALAD***
Pure Bar - Lunch/Dinner Large	Pure Bar - Lunch/Dinner Large	Pure Bar - Lunch/Dinner Large	Pure Bar - Lunch/Dinner Large	Pure Bar - Lunch/Dinner Large	Pure Bar - Lunch/Dinner Large	Pure Bar - Lunch/Dinner Large
LUNCH	***LUNCH***	***LUNCH***	***LUNCH***	***LUNCH***	***LUNCH***	***LUNCH***
Creole Shrimp	Pork Mambo	Beef Stir - Fry	Lasagna	Chicken Parmesan	Polish Sausage	Savory Baked Chicken
Jamaican Chicken	Baked Salmon w/ Herb Vinaigrette	Sundried Tomato Pesto Pasta	Cajun Chicken	Meat Loaf	Basil Baked Fish	Grilled Pork Chop
Thai Vegetable Curry	Southwestern Sweet Potatoes Black Beans and Corn	Mr. Z's Chicken	Shrimp Jambalaya	Grilled Salmon w/ Citrus Butter	Spaghetti w/ Turkey Meatballs	Slow Braised BBQ Beef
Chicken Gravy	Onion Gravy	Chicken Gravy	Chicken Gravy	Brown Gravy	Brown Gravy	Chicken Gravy

Baked Beans	Parsley Buttered Potatoes	Steamed Rice	Potatoes & Herbs	Mashed Potatoes	Buttered Parsley Potatoes	Cottage Fried Potatoes
Brown Rice	Steamed Rice	Orzo w/ Lemon & Herbs	Brown Rice	Spicy Brown Rice Pilaf	Steamed Rice	Brown Rice
Peas with Mushrooms and Onions	Spinach	Fried Okra	Creole Green Beans	Broccoli	Roasted Peppers and Onions	Corn on the Cob
Sesame Glazed Green Beans	Garlic Peas	Sesame Glazed Green Beans	Honey Glazed Pea Pods & Carrots	Herbed Green Beans	Brussel Sprouts	Fried Cauliflower
Southern Style Collard Greens	Green Beans w/ Mushrooms	Oriental Stir Fry Cabbage	Roasted Butternut Squash	Carrots	Mixed Vegetables	Braised Cabbage
DINNER	***DINNER***	***DINNER***	***DINNER***	***DINNER***	***DINNER***	***DINNER***
Honey Sriracha Chicken	Pasta Primavera	BBQ Pork Tenderloin	Ginger BBQ Chicken	Hot and Spicy Chicken	Baked Fish w/ Lemon Garlic Butter	Chesapeake Bay Shrimp
Chili Mac	Country Style Steak	Baja Baked Cod	Pork Roast Tenderloin	Pasta Toscano	Lime Chicken Tacos	Chicken Kabob
Beef Pho	Chicken Scampi	Greek Lemon Chicken	Thai Vegetable Curry	Cantonese Spareribs	Braised Beef & Noodles	Roasted Pasta Primavera
Chicken Gravy	Brown Gravy	Chicken Gravy	Chicken Gravy	Onion and Mushroom Gravy	Brown Gravy	Chicken Gravy
Steamed Rice	Lyonnaise Rice	Scalloped Potatoes	Baked Potato Halves	Crispy Potato Wedges	Mexican Rice	Glazed Sweet Potatoes
Baked Potato	Roasted Pepper Potato	Buttered Egg Noodles	Steamed Rice	Quinoa and Garbanzo Beans	Garlic Mashed Potatoes	Hoping John Rice
Oriental Stir Fry Cabbage	Corn	Broccoli Combo	Sauteed Cabbage w/ Bacon	Broccoli	Ginger Glazed Carrots	Garlic Sauteed Spinach
Fried Okra	Cauliflower	Parmesan Brussel Sprouts	Corn O'Brien	Sauteed Green Beans with Button Mushrooms	Cauliflower Parmesan	Pea's w/ Onions
Corn Combo	Carrots	Mediterranean Grilled Asparagus	Roasted Brussel Sprouts	Cream Style Corn	Mexican Street Corn	French Style Cut Green Beans