THEULTIMATE

## **BREAKFAST**

Monday through Friday from 8:30 a.m. to 10 a.m. Enjoy a choice of a hot breakfast entree each day as well as a variety of other breakfast items (cereal, muffins, bagels, fruit, juice, milk).

Pricing is à la carte, plus tax.

## LUNCH

Monday – Friday from 11:15 a.m. to 1 p.m. Chef Michelle Clanton and Sous Chef Pedro Cruz are known for creating great meals at a great value. Choose from two chef-prepared hot entrees, side dishes, soup du jour, small garden-fresh salad, choice of desserts or fruit. Pricing is à la carte, plus tax. Beverages are included with any meal purchase (iced tea, coffee, and water).

Tuesday, October 1
Lemon Herb Grouper
Or
Cornflake Crusted Pork Chops
Au Gratin Potatoes
Cinnamon Spiced Apples

Wednesday, October 2
Beef Liver with Sautéed Onions
Or
Pecan Crusted Tilapia
Steamed Rice
Glazed Carrots

Thursday, October 3
New England Style Crab Cakes
Or
Sliced Beef
Mashed Potatoes
Green Beans

Friday, October 4
St. Louis Style BBQ Ribs
Or
Meatloaf with a Sweet Glaze
Sweet Potato Tots
Cole Slaw

Monday, October 7
Sweet & Sour Chicken
Or
Beef and Broccoli
Fried Rice
Oriental Vegetables

Tuesday, October 8
Country Fried Steak
Or
Shrimp Topped with Crab
Garlic Mashed Potatoes
Yellow Squash

Wednesday, October 9
Pedro's Smothered Chicken
Or
Beef Pot Roast
Wild Rice
Seasoned Turnip Greens

Thursday, October 10
Spaghetti with Meatballs
Or
Ranch Chicken Breast
Sliced Potatoes
Zucchini Squash

Friday, October 11
Salmon Patties
Or
Bourbon Glazed Chicken
Cheese Tortellini
Cauliflower with Roasted Peppers

Monday, October 14
Pulled Pork
Or
Parmesan Chicken
Macaroni and Cheese
Cole Slaw

Tuesday, October 15
Southern Fried Catfish
Or
Sausage with Peppers and Onions
Brussel Sprouts
White Rice

Wednesday, October 16
Herb Crusted Pork Loin
Or
Chicken and Dumplings
Steamed Broccoli
Sliced Carrots

Thursday, October 17
Bourbon Glazed Salmon
Or
Beef Tenderloin
Sweet Potatoes
Sweet Baby Peas

Friday, October 18
Shrimp Creole
Or
Caprese Chicken
Steamed Rice
Baby Green Peas

Monday, October 21
Chicken Piccata
Or
Salisbury Steak
Angel Hair Pasta
Italian Green Beans

Tuesday, October 22
Enchilada Pie
Or
Chicken Fajitas with Peppers a

Chicken Fajitas with Peppers and Onions Spanish Rice Pinto Beans Wednesday, October 23
Panko Crusted Tilapia
Or
Mojo Pork
Mashed Potatoes with Parsley
Steamed Cabbage

Thursday, October 24
Shrimp and Grits
Or
Jambalaya with Chicken and Sausage
Pinto Beans
Yellow Squash

Friday, October 25
Flounder with a Spinach Cream Sauce
Or
Honey Mustard Chicken
Loaded Mashed Potatoes
Green Bean Casserole

Monday, October 28
French's Onion Crusted Pork Chops
Or
Lemon Pepper Chicken Thighs
Cinnamon Apples
Parmesan Crusted Brussel Sprouts

Tuesday, October 29
Sliced Skirt Steak
Or
Oven Fried Chicken
Mashed Potatoes
Collard Greens

Wednesday, October 30
Greek Lasagna with a Béchamel Sauce
Or
Chicken Pot Pie
Creamed Spinach
Craisins Carrot Salad

Thursday, October 31
Swedish Meatballs
Or
Sun Dried Tomato Chicken
Buttered Noodles
Broccoli and Cauliflower Blend

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