Weekly Menu

Feridean Commons

	Sun 11-01-2026	Mon 11-02-2026	Tue 11-03-2026	Wed 11-04-2026	Thu 11-05-2026	Fri 11-06-2026	Sat 11-07-2026
LUNCH	Cabbage Beef Soup Green Salad Shredded Pork Sandwich Pickled Beets and Onions Whole Grain Bread Assorted Cookies	Black Bean Salsa Soup Avocado Salad Roasted Vegetable Quesadilla Mexican Corn Soft Brown Sugar Cookie	Cream of Potato Soup Green Salad Grilled Mozzarella Tomato Sandwich Baked Parmesan Zucchini Birthday Cake	Harvest Stew with Smoked Sausage Green Salad Spaghetti and Meat Sauce Garlic Bread Southern Coleslaw Assorted Cookies	Cream of Vegetable Soup Green Salad Cranberry Walnut Chicken Wrap Three Bean Salad Best Pecan Bar	Mushroom Barley Soup Green Salad Reuben Sandwich Roasted Broccoli with Garlic and Lemon Assorted Cookies	Minestrone Soup Green Salad Chicken Club Sandwich Potato Salad Fresh Sugar Snap Peas Assorted Cookies
DINNER	Green Salad Cabbage Beef Soup Mozzarella Meatloaf Garlic Roasted Potatoes Italian Seasoned Green Beans Baked Roll Vanilla Cream Pie	Green Salad Black Bean Salsa Soup Brown Sugar Rubbed Chicken Corn Casserole Herb Roasted Vegetables Baked Roll Blueberry Cobbler	Green Salad Cream of Potato Soup Pork Chops and Kraut Sour Cream Potatoes Brussels Sprouts Fresh Cornbread Assorted Cookies	Green Salad Harvest Stew with Smoked Sausage Baked Ham Baked Sweet Potato Country Trio Medley Whole Grain Bread German Chocolate Brownie	Green Salad Cream of Vegetable Soup Honey Mustard Pork Oven Brown Rice Roasted Cauliflower and Carrots Baked Roll Cherry Pastry	Green Salad *or* Mushroom Barley Soup Cheese Ravioli with Pasta Sauce *or* Salmon Patty Baked Potato Sauteed Spinach Baked Roll Honey Bread Pudding	Green Salad Minestrone Soup Hungarian Goulash *or* Breaded Chicken Liver Garlic Mashed Potatoes Chef's Steamed Vegetable Baked Roll Autumn Spice Cake
	Milk offered at every meal						Week 4

Dietitian's Signature: Lisa Nolch 9-1-26 #997564