Weekly Menu

Feridean Commons

	Sun 11-08-2026	Mon 11-09-2026	Tue 11-10-2026	Wed 11-11-2026	Thu 11-12-2026	Fri 11-13-2026	Sat 11-14-2026
LUNCH	Homestyle Bean Bacon Soup Green Salad Grilled Turkey and Swiss Sandwich Chips Corn Salad Maple Oatmeal Cookie	Fresh Tomato Soup Green Salad Cheesy Spinach Rice Bake Steamed Broccoli Garlic Bread Chocolate Chip Cookie	Beet Bisque Green Salad Hot Ham Cheese Sandwich Chef's Steamed Vegetable Vanilla Pudding	Italian Vegetable Soup Green Salad Baked Potato Bar Garlic Mushroom Cauliflower Saute Whole Grain Bread Assorted Cookies	Butternut Squash Soup Buffalo Chicken Salad Balsamic Tomato and Cucumbers No Bake Cookie	Garden Vegetable Soup Beef Enchilada Casserole Creamy Mandarin Salad Guacamole Chocolate Peanut Butter Bars	Potato Spinach Soup Crispy Herb Chicken Tenders Sauteed Yellow Squash Tater Tots Baked Cinnamon Apples
DINNER	Green Salad Homestyle Bean Bacon Soup Beef Roast with Gravy Fresh Mashed Potatoes and Gravy Red Cabbage Baked Roll Pear Crisp	Green Salad Fresh Tomato Soup Herb Crusted Chicken Classic Mashed Potatoes Garlic Green Beans Baked Roll Chocolate Chip Cake	Green Salad Beet Bisque Swedish Meatballs Parsley Noodles Buttery Carrots Baked Roll Caramel Gingerbread Bars	Green Salad Italian Vegetable Soup Sweet and Sour Chicken Rice Stir-Fry Vegetables Fresh Coconut Cream Pie	Green Salad Corned Beef and Cabbage Cheesy Scalloped Potatoes Roasted Zucchini Whole Grain Bread Berry Buckle Cake	Green Salad Lemon Garlic Tilapia *or* BBQ Pork Ribs Seasoned Rice Normandy Blend Whole Grain Bread Fruit Cobbler	Green Salad Beef Chili Mac *or* Chicken Wings Potato Wedges Green Beans Fresh Cornbread Pumpkin Cranberry Bread
	Milk offered at every meal						Week 5

Dietitian's Signature: Lisa Nolch 9-7-26 #997564