

WEST JEFFERSON CAFÉ MENU

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK OF: JUN 2 JUN 30 JUL 28 AUG 25 SEP 22	Entree1	BBQ Shrimp Pistolette	Fried Taco Salad Bowl	Rotisserie Chicken	BBQ Ribs	Fried fish	Cajun Chicken Pastalaya	Meat Sauce
	Entree2	Red Beans	Hard and Soft Taco Shells	Fried Chicken	Smoked Pulled Chicken	Seafood Pasta	Beef Stew	Smothered Chicken
	Sides	Smoked Sausage, White Rice, Hot Honey Brussels Sprouts, Garlic Carrots	Mexican Rice, Pinto Beans, Mexican Street Corn, Queso	Buttermilk Mashed Potatoes, Roasted Yellow Squash, Green Beans	Mac&Cheese, Baked Beans, Vegetable Medley	White Rice, Braised Cabbage, Hush puppies, Potato Salad, Corn	Green Beans, Peas, Rice, Dinner roll	Pasta, Rice, Buttered Peas, Green Beans, Garlic Bread
	Soup1	Chicken Noodle	Chicken Noodle	Chicken Noodle	Chicken Noodle	Chicken Noodle		
	Soup2	Broccoli Cheddar	Southwest Tortilla	Loaded Baked Potato	Black Bean	Gumbo		
Week 2		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK OF: JUN 9 JUL 7 AUG 4 SEP 1 SEP 29	Entree1	Red Beans W/ Rice	Bang Bang Shrimp	Rotisserie Chicken	"Build Your Own" Pasta	Fried Fish	BBQ Pulled Pork on Bun	Smothered Pork
	Entree2	Fried Pork Chops	Chicken Teriyaki	Fried Chicken	3 different Meats, 3 different Pastas, 3 different Sauces	Chicken & Sausage Jambalaya	Beefy Macaroni	Chicken Alfredo
	Sides	Rice, Loaded Mashed Potatoes, Sweet Heat Green Beans, Mustard Greens, Cornbread	Veg Lomein, Snap Peas, Kung Pao Roasted Cauliflower, Veg Egg Roll	Roasted Sweet Potato Hash, Mac&Cheese, Lima Beans, Pepper Buttered Corn, Coleslaw	Garlis & Spice Roasted Broccoli, Lemo Peppered Green Bean, Garlic Toast	White Rice, Cheesy Broccoli, Peas & Onions, Potato Salad, Fried Okra	Corn on cobb, Butter Herbed Carrots, Dinner Roll	Rice, Buttered Peas, Maple Carrots, Garlic Bread
	Soup1	Chicken Noodle	Chicken Noodle	Chicken Noodle	Chicken Noodle	Chicken Noodle		
	Soup2	Broccoli Cheddar	Southwest Tortilla	Loaded Baked Potato	Black Bean	Gumbo		
Week 3		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK OF: MAY 19 JUN 16 JUL 14 AUG 11 SEP 8	Entree1	Meatloaf	Taco Bowl	Rotisserie Chicken	Jamaican Beef Pepper Steak	Fried Catfish	Baked Chicken	Pot Roast
	Entree2	Red Beans W/ Rice	Hard/Soft Taco Shell	Fried Chicken	Rasta Jerked Chicken Pasta	Shrimp Creole	Sloppy Joe on Bun	Buffalo Pulled Chicken Sandwich
	Sides	Mashed Potatoes, Corn, Green Beans, Cornbread	Cilantro Lime Rice, Black Beans, Corn, Grilled Pepper&Onions	Dijon Roasted Potatoes, Maple Carrots, Steamed Broccoli, Tomato & Cucumber salad	Yellow Rice, Curry Roasted Cauliflower, Creamed Spinach, Carrot Souffle, Fried Plantains	Potato Salad, Smokey Collard Greens, Peas&Carrots, Hush Puppies	Mac & Cheese, Green Beans, Corn on Cobb	Peas, Roasted Red Potatoes, Buttered Corn, Dinner Roll
	Soup1	Chicken Noodle	Chicken Noodle	Chicken Noodle	Chicken Noodle	Chicken Noodle		
	Soup2	Broccoli Cheddar	Southwest Tortilla	Loaded Baked Potato	Black Bean	Gumbo		
Week 4		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK OF: MAY 26 JUN 23 JUL 21 AUG 18 SEP 15	Entree1	Red Beans	General Tso's Chicken	Rotisserie Chicken	"Build Your Own" Pasta	Fried Catfish	Meatballs in Sauce	Hamburger Steak
	Entree2	Smothered Porkchops	Shredded Bulgogi Beef	Fried Chicken	3 different Meats, 3 different Pastas, 3 different Sauces	Chicken & Sausage Pastalaya	Hawaiian Chicken	Lasagna
	Sides	Rice, Mashed Potatoes, Zucchini & Squash, Smothered Green Beans	Edamame Fried Rice, Stir Fry Vegetables, Veg Egg Roll	Roasted Sweet Potato Hash, Maple Carrots, Cauliflower Au Gratin, Peas, Coleslaw	Balsamic Roasted Brussel Sprouts, Italian Peas & Mushrooms, Garlic Toast	Dirty Rice, Corn Maque Choux, Parmesan Roasted Broccoli, Potato Salad, Fried Okra	Pasta, Corn on Cobb, Green Beans, Rice, Garlic Bread	Mash Potatoes & Gravy, Buttered Peas, Sweet Corn, Garlic Bread
	Soup1	Chicken Noodle	Chicken Noodle	Chicken Noodle	Chicken Noodle	Chicken Noodle		
	Soup2	Broccoli Cheddar	Southwest Tortilla	Loaded Baked Potato	Black Bean	Gumbo		