

Monday	Tuesday	Wednesday	Thursday	Friday
 <p style="text-align: center;">Cafe 3201 3201 Hillcrest Road Open 11:00 a.m.- 1:30 p.m 251.661.0121</p>			1-Oct Chicken Stir Fry Pot Roast Green Beans Sweet Potato Soufflé Rice	2-Oct Fried Fish Red Beans/Rice Mixed Veggies Baked Beans Cheese Grits
5-Oct Grilled Chicken Country Fried Steak Mashed Potatoes Turnips Black-eyed Peas	6-Oct Beef Stew/Rice Liver/Onions Steamed Cabbage Mixed Veggies Mac N Cheese	7-Oct Salmon Patties Hamburger Steak Mashed Potato Brussels Sprouts Corn O'Brine	8-Oct Roast Pork Greek St Chick. Leg Quarters Green Beans Carrots Baby Lima's	9-Oct Fried Fish Baked Spaghetti Turnips Cheese Grits Baked Beans
12-Oct Country Fried Steak Grilled Chicken Tenders Mixed Veggies Large Lima Beans Turnip Greens	13-Oct Fried Pork Chops Grilled Fish Sweet Potato Soufflé Green Beans Scalloped Potatoes	14-Oct Roast Pork Chicken Stir Fry Broccoli Mashed Potatoes Collard Greens	15-Oct Greek St Chick. Leg Quarters Salmon Patties Mac N Cheese Steamed Cabbage Wild Rice	16-Oct Fried Fish Hamburger Steak Steamed Squash Baked Beans Cheese Grits
19-Oct Country Fried Steak Grilled Chicken Tenders Mashed Potatoes Steamed Squash English Peas	20-Oct Hamburger Steak Salsa Chicken Carrots Turnips Mac N Cheese	21-Oct Grilled Fish Fried Pork Chops Yam Patties Black eye Peas Green Beans	22-Oct Chicken Stir Fry Veal Cutlet Collards Yam Patties English Peas	23-Oct Fried Fish Baked Spaghetti Turnips Cheese Grits Baked Beans
26-Oct Grilled Chicken Tenders Country Fried Steak Shoe Peg Corn Collards Black eye Peas	27-Oct Chicken Stir Fry Lemon Pepper Fish Brussels Sprouts Yams Baby Lima's	28-Oct Country Fried Steak Roast Pork Steamed Carrots Mashed Potatoes Turnips	29-Oct Hamburger Steak Veal Culet Steamed Cabbage Green Beans Sweet Potato Soufflé	30-Oct Fried Fish Gumbo Rice Baked Beans Cheese Grits



October



