

DAILY SPECIALS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Oven Roasted
Chicken

Grilled Chicken
Breast

Meatball Sub
Sandwich

Smothered
Pork Chops

Oven Baked
Ranch Chicken

Chicken
Nuggets

Crispy Fish
Patties

- OR -

- OR -

- OR -

- OR -

- OR -

French Fries

Onion
Rings

Sub Sandwich

Fried Pollock Fillets

Crispy Chicken Breast

Barbecued
Beef Patty

Chili Dogs

Fried
Cabbage

Mixed Vegetables

Potato
Salad

Yellow Rice

Oven Baked
Potato Wedges

Steamed
Rice

Tater Tots

Fudge
Brownie

Fresh Baked Sugar
Cookie

Seasoned Carrots

Seasoned
Green Beans

Steamed
Peas

Seasoned Carrots

Creamy
Coleslaw

Fudge
Brownie

Fudge
Brownie

Sandwich Cookies

Fresh Baked Sugar
Cookie

Sandwich
Cookies

Fudge
Brownie

Sandwich Cookies

Fudge
Brownie

— SALAD BAR WILL BE SERVED MONDAY – FRIDAY —

Soup and Chili offered throughout the winter

HOT AND ICED TEA ALONG WITH FRUIT DRINK SERVED DAILY

Coffee is Available During Breakfast Hours



THE LOCAL
AT WESTERN TIDEWATER

WEEK 1



THE LOCAL
AT WESTERN TIDEWATER

WEEK 2

DAILY SPECIALS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Chicken Salad

- OR -

Egg Salad

Baked Potato

Steamed
Broccoli

Sub Rolls

Lemon
Square

Pepperoni
& Cheese Pizza

- OR -

Sausage
& Cheese Pizza

Macaroni
Salad

Peas & Onions

Fresh Baked Cookie

Hot Dogs

- OR -

Chili Con Carne

Baked Potato

Shredded Cheese

Steamed
Broccoli

Fudge
Brownie

Baked Ziti
with Marinara

- OR -

Rotini & Italian Meat
Sauce

Seasoned
Green Beans

Garlic Dinner Roll

White
Cake

Pulled BBQ
Pork Sandwich

- OR -

Grilled Hamburgers

Potato Salad

Corn on
the Cob

Bakery Biscuit

Fresh Baked Cookie

Chicken or Beef
Fajitas

Black Beans &
Spanish Rice

Sautéed Peppers &
Onions

Jalapeno Peppers

Medium Salsa

Flour
Tortillas

Apple Oat
Crisp

Oven Fried Chicken

Roasted Potato
Wedges

Steamed Broccoli

Fresh Baked Dinner
Roll

Oatmeal
Raisin
Cookie

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HOT AND ICED TEA ALONG WITH FRUIT DRINK SERVED DAILY

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THE LOCAL
AT WESTERN TIDEWATER

WEEK 3

DAILY SPECIALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Oven Baked Turkey - OR -	General Tso's Chicken Stir Fry	Philly Cheesesteak Sandwich	Crispy Chicken Fingers	BBQ Beef - OR -	Smoked Sausage on a Roll	Hamburger with Lettuce and Tomato
Honey Glazed Ham	- OR -	- OR -	- OR -	Ranch Crusted Chicken	Sautéed Peppers & Onions	Crispy Waffle Fries
Sweet Mashed Potatoes	Beef Stir Fry	Fish Sandwich	Hamburger	Buttered Rice	Roasted Red Potatoes	Seasoned Green Beans
Corn Bread Stuffing	Fried Rice	Sautéed Onions & Peppers	BBQ Sauce	Mixed Vegetables	Creamy Coleslaw	Fresh Baked Cookie
Green Bean Casserole	Stir Fried Vegetables	Italian Pasta Salad	Macaroni Salad	Fresh Baked Dinner Roll	Marble Cake with Chocolate Frosting	
Fresh Baked Pie	Fresh Baked Dinner Roll	Iced Banana Cake	Sauteed Spinach	Fresh Baked Cookie		
	Fortune Cookie		Fudge Brownie			

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HOT AND ICED TEA ALONG WITH FRUIT DRINK SERVED DAILY
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THE LOCAL
AT WESTERN TIDEWATER

WEEK 4

DAILY SPECIALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BBQ Meatballs	Hamburger	Lemon Pepper Chicken	Salisbury Steak with Mushroom Gravy	Grilled Chicken Sandwich	Rotini & Italian Meat Sauce	Sliced Roast Beef with Brown Gravy
- OR -	- OR -	- OR -	- OR -	- OR -	Seasoned Green Beans	Baked Potato
Chicken Caesar Wrap	Hot Dog	Smoked Sausage	Herbed Chicken Breast	Turkey Sub	Garlic Dinner Roll	Irish Blend Vegetables
Buttered Rice	Roasted Potato Wedges	Parsley Noodles	Lyonnaise Potatoes	Potato Salad	Iced Spice Cake	Fresh Baked Cornbread
Corn O'Brien	Seasoned Green Beans	Sweet Peas	Stewed Tomatoes with Chilies	Mixed Vegetables	Lettuce and Tomato	Lemon Square
Fresh Baked Biscuits	Fresh Baked Cookie	Fresh Baked Dinner Roll	Bakery Biscuit	Sub Rolls	Fudge Brownie	
Apple Spice Bar		Gingerbread Cake	Fresh Baked Cookie			

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