

**H.J.C. BOWDEN LUNCH MENU**  
**Week of 5/22/2023**

**MONDAY**

Pulled Pork Sandwiches  
Sloppy Joes  
Macaroni Salad/Tater Tots  
Sweet Peas

**TUESDAY**

Trio Salads-Tuna, Chicken, Seafood  
Beet Salad  
Black Bean Salad

**WEDNESDAY**

Fried Chicken/Baked Chicken  
Yams/Collard Greens  
Potato Salad

**THURSDAY**

Lasagna/Salisbury Steak  
Corn on the Cob  
Broccoli/Mashed Potatoes

**FRIDAY**

Fried Fish/Baked Fish  
Coleslaw  
Pasta Salad  
Potato Wedges

**\*\*\*\*\*all meals are served w/ bread & a beverage\*\*\*\*\***

**\*\*When a food item is substituted on this pre-printed menu, it is due to item not being delivered &/or out of stock at this time. We appreciate your understanding.**