

H.J.C. BOWDEN LUNCH MENU
Week 3/20/2023

MONDAY

Fried Shrimp/Lasagna
Onion Rings/Broccoli
Corn on the cob

TUESDAY

Turkey subs W/ Lettuce & Tomato
Roast beef Subs W/ Lettuce & Tomato
Chips/Fruit Cups

WEDNESDAY

Fried Chicken/Baked Chicken
Rice Pilaf/Cabbage
Pinto Beans

THURSDAY

Boneless Pork Chops/Salisbury Steak
Mashed Potatoes/Honey Carrots
Peas and Carrots

FRIDAY

Fried Fish/Baked Swai
Baked Beans/Coleslaw
Fried Squash

*******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.**