FELLOWSHIP SQUARE MESA

Fall / Winter Menu | Week 2

November 22 - 28

Day	Appetizer	Entrée	Accompaniment	Bread	Dessert
Monday	1. Soup of the day	A. Swiss Steak	1. Mashed Potatoes	Dinner Roll	Pecan Pie
	2. Tropical Fruit	B. Roasted Chicken w/Gravy	2. Sauteed Pasta		Angel food cake
	3. Appleslaw	C. Seafood Crepes	3. Steamed Cabbage		Pudding or Jell-O
	4. Tossed Salad	D. Five Cheese Quiche	4. Green Beans		Yogurt or ice creams
Tuesday	1. Soup of the day	A. Bacon Wrapped Hot Dog w/Cheese	1. Pork & Beans	Cornbread	Cherry Cobbler
	2. Tropical Fruit	B. Chicken Teriyaki	2. Steamed Rice		Angel food cake
	3. Jell-O Salad	C. Creamy Tomato Fettuccini Shrimp	3. Baked Brussel Sprouts		Pudding or Jell-O
	4. Tossed Salad	D. Spanish Style Potato & Onion Frittata	4. Carrots		Yogurt or ice creams
Wednesday	1. Soup of the day	A. Stuffed Bell Peppers	1. Mashed Potatoes	Buttermilk Biscuit	Boston Cream Pie
	2. Tropical Fruit	B. Chicken Fajitas	2. Cowboy Beans		Angel food cake
	3. Spinach Salad	C. Potato Crusted Cod	3. Zucchini Casserole		Pudding or Jell-O
	4. Tossed Salad	D. Baked Macaroni & Cheese	4. Peas & Corn		Yogurt or ice creams
Thursday	1. Soup of the day	A. Roasted Prime Rib w/Au Jus	1. Mashed Potatoes	Dark Bread	Rice Pudding
	2. Tropical Fruit	B. Chicken w/Cherry Bing Sauce	2. Baked Potato		Angel food cake
	3. Four Bean Salad	C. Smoked Salmon w/Cream Cheese Omelet	3. Wine Mushrooms		Pudding or Jell-O
	4. Tossed Salad	D. Cheese Ravioli w/Marinara	4. Baked Asparagus		Yogurt or ice creams
Friday	1. Soup of the day	A. Grilled Western Burger	1. Rotini Pasta	Wheat Roll	Cheesecake
	2. Tropical Fruit	B. Chicken Ala King	2. French Fries		Angel food cake
	3. Coleslaw	C. Baked Catfish	3. Baked Cauliflower		Pudding or Jell-O
	4. Tossed Salad	D. Vegetable Quesadilla	4. Spinach		Yogurt or ice creams
Saturday	1. Soup of the day	A. Hobo Casserole	1. Mashed Potatoes	Dinner Roll	Chef's Dessert
	2. Tropical Fruit	B. Chicken Salad Plate	2. Rice Pilaf		Angel food cake
	3. Cottage Cheese	C. Fried Shrimp	3. Butternut Squash		Pudding or Jell-O
	4. Tossed Salad	D. Tomato Basil Tortellini	4. Gingered Carrots		Yogurt or ice creams

Questions about ingredients, special requests, or other dining-related concerns, please give us a call! 480-325-2186. Be sure to leave your name & number so we can call you back.
Special Food Requests: Please be sure to call the Dining Room by 10:30 am. Denotes a healthy choice entrée when ordered without sauce.