FELLOWSHIP SQUARE MESA

Fall / Winter Menu | Week 1

November 15 - 21

Day	Appetizer	Entrée	Accompaniment	Bread	Dessert
Monday	1. Soup of the day	A. Open Faced Roast Beef Sandwich w/Gravy	1. Mashed Potatoes	Dinner Roll	Apple pie
	2. Tropical Fruit	B. Artichoke Chicken	2. Steamed Rice		Angel food cake
	3. Stewed Prunes	C. Shrimp Scampi	3. Green Beans		Pudding or Jell-O
	4. Tossed Salad	D. Beans & Cheese Burrito	4. Carrots		Yogurt or ice creams
Tuesday	1. Soup of the day	A. Stuffed Cabbage Roll	1. Mashed Potatoes	Cornbread	Pineapple Upside Down Cake
	2. Tropical Fruit B.	B. Baked Chicken Thigh w/BBQ Sauce	2. Baby Roasted Potatoes		Angel food cake
	3. Jell-O Salad C.	C. Crab Salad Croissant Sandwich	3. Broccoli		Pudding or Jell-O
	4. Tossed Salad	D. Stuffed Pasta Shell w/Marinara	4. Mixed Vegetables		Yogurt or ice creams
Wednesday	1. Soup of the day	A. Chipped Beef Served On A Biscuit	1. Mashed Potatoes	Buttermilk Biscuit	Tiramisu
	2. Tropical Fruit	B. Red Chicken Enchiladas	2. Spanish Rice		Angel food cake
	3. Kidney Bean Salad	C. Trout Almondine	3. Zucchini		Pudding or Jell-O
	4. Tossed Salad	D. Tomato, Spinach, & Feta Cheese Omelet	4. Stewed Tomatoes		Yogurt or ice creams
Thursday	1. Soup of the day	A. Baked Pork Chop	1. Mashed Potatoes	Dark Bread	Tapioca Pudding
	2. Tropical Fruit	B. Chicken Quesadilla	2. Yukon Potatoes		Angel food cake
	3. Pineapple Fluff	C. Teriyaki Baked Salmon	3. Collard Greens		Pudding or Jell-O
	4. Tossed Salad	D. Vegetable Burger	4. Glazed Carrots		Yogurt or ice creams
Friday	1. Soup of the day	A. BBQ Ribs	1. Mashed Potatoes	Wheat Roll	Lemon Meringue Pie
	2. Tropical Fruit	B. Chicken w/Peach Sauce	2. Waffle Fries		Angel food cake
	3. Coleslaw	C. Fried Cod Fish	3. California Vegetables		Pudding or Jell-O
	4. Tossed Salad	D. Quiche Lorraine	4. Spinach Casserole		Yogurt or ice creams
Saturday	1. Soup of the day	A. Shredded Green Pork Chimichanga	1. Mashed Potatoes	Dinner Roll	Chef's Dessert
	2. Tropical Fruit	B. Pastry Shell Chicken Pot Pie	2. Refried Beans		Angel food cake
	3. Cauliflower Salad	C. Tilapia w/Lobster Sauce	3. Glazed Beets		Pudding or Jell-O
	4. Tossed Salad	D. Spinach Ravioli w/Alfredo Sauce	4. Fire Roasted Corn		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.