



# Hot Meals Weekly Menu

[Mondays, Tuesdays, Wednesdays, Thursdays: 11:30 a.m. - 1:30 p.m.](#)

**MONDAY**  
**9/15**

**Alfredo Sausage Bow Tie Pasta**  
with sauteed spinach and garlic bread



**Plant-Based "Sausage" Alfredo**  
with sauteed spinach and garlic bread

**TUESDAY**  
**9/16**

**Garlic Basil Basa (Fish)**  
roasted potatoes and glazed carrots



**Garlic Basil Eggplant**  
roasted potatoes and glazed carrots

**WED. 9/17**

**Cabbage Rolls with Beef & Rice**  
garlic mashed potatoes and asparagus



**Cabbage Rolls with Red Beans & Rice**  
garlic mashed potatoes and asparagus

**THURSDAY**  
**9/18**

**Italian herb Chicken**  
Rice & Creamy Corn Chowder



**Plant-Based "Chicken"**  
Rice & Creamy Corn Chowder

 Menu items subject to change based on market availability.