

# SCC and South Pod Menu

Dec 19<sup>th</sup> – 23<sup>rd</sup>

## Main entrée \$7.15

### **Monday**

Country Fried Streak over Creamy Mashed Potatoes,  
Roasted Corn and a fresh Roll

### **Tuesday**

Sweet & Sour Chicken Served over Jasmine Rice with  
Sautéed vegetables with a Pork Eggroll

### **Wednesday**

Beef Fajitas with Peppers & Onions served with  
Pinto beans & Spanish Rice

### **Thursday**

Savory Pot Roast & Gravy with Garlic Mashed Potatoes  
and Steamed Broccoli

### **Friday**

Fried Fish or Roasted Chicken over Cheddar Jalapeno Grits,  
steamed Vegetables with Corn Bread

## Wellness \$7.15

### **Monday**

Grilled Lime Chili Chicken Breast with Corn & Black  
Bean Salsa

### **Tuesday**

Grilled Salmon with Pesto whole Wheat Rotini &  
Vegetables

### **Wednesday**

Southwest Shredded Chicken Stuffed Baked Potato

### **Thursday**

Garlic Herb Shrimp over  
Brown rice Pilaf with Seasonal Veg

### **Friday**

Chefs Choice

## Vegetarian \$5.15

### **Monday**

Plant based Chicken Tender platter

### **Tuesday**

Cheesy Vegetable stuffed Baked Potato

### **Wednesday**

Chipotle Black Bean Burger with Onion Rings

### **Thursday**

Hearty Vegetable Pot Pie

### **Friday**

Chefs Choice

## Soup of the Day

**Monday-** Broccoli Cheddar

**Tuesday-** Loaded Potato

**Wednesday-** Chicken Tortilla

**Thursday-** Texas Chili

**Friday-** Chicken & Sausage Gumbo