



TENNESSEE CORRECTION ACADEMY

Fall-Winter 2023/2024 WEEK 1

Monday Tuesday Wednesday Thursday/ Friday Saturday Sunday

<p>Beef & Broccoli Stir Fry w/ Rice</p> <p>Roasted Cauliflower Vegetable Roll w/ Soy Sauce</p> <p>Strawberry & Cream Cookie</p>	<p>White Bean Chicken Chili</p> <p>Bakes Potato w/ Butter, Cheese, Sour Cream, & Chives</p> <p>Blueberry Oat Streusel Bar</p>	<p>Fried Fish w/ Tarter Sauce</p> <p>French Fries</p> <p>Coleslaw</p> <p>Hushpuppies</p> <p>Cotton Candy Cookie</p>	<p>Buffalo Blue Chicken Salad w/ tomato, cucumber, carrots, Blue cheese, Buffalo sauce & Homestyle Croutons</p> <p>Peanut Butter Oat Dessert Bar</p>	<p>Breaded Chicken Homestyle Sandwich on Bun w/lettuce, tomato, & onion</p> <p>Pickle Spear</p> <p>French Fries</p> <p>Cookie</p>	<p>No Meal Service</p>	<p>No Meal Service</p>
<p>Garlic Parmesan Chicken Chunks</p> <p>French Fries</p> <p>Coleslaw</p> <p>Rice Crispy Treat</p>	<p>Taco Salad w/ Taco Beef, Cheese, Tortilla Rounds, Lettuce, Tomato, Onion, Jalapeno, Sour Cream, & Salsa</p> <p>Cinnamon Cake</p>	<p>Fried Chicken Breast</p> <p>Baked Potato w/ Butter, Cheese, Sour Cream</p> <p>Broccoli & Cheese</p> <p>Peach Cobbler</p>	<p>Spaghetti w/ Meatball</p> <p>Caesar Side Salad</p> <p>Garlic Bread</p> <p>VANILLA Pudding Parfait</p>	<p>No Meal Service</p>	<p>No Meal Service</p>	<p>Sack Meal: Turkey & Cheese on Hoagie Roll w/ Mustard/Mayo</p> <p>Potato Chips</p> <p>Cookies</p> <p>Fruit Drink</p>

Creamy Oatmeal w/Toppings
 Ready-to-Eat Cereal
 Yogurt & Fresh Fruit
 Continental Selection of Breads, Bagels, & Pastries
 Scrambled and Hard-Boiled Eggs
 Breakfast Meat

Breakfast: Coffee, Tea, Milk, Juice

Lunch/Dinner: Iced Tea, Fruit Drink



3.23

Create the perfect healthy meal at our fresh garden bar! Build your own salad from your choice of lettuce, fresh veggies, dressings, and other toppings.

Fruit Offered Daily

Served Daily with Lunch & Dinner



Mary
 M.S., MEA, RD, LCN 010713725



TENNESSEE CORRECTION ACADEMY
 Fall/Winter 2023/2024 WEEK 2

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

LUNCH (includes soup of the day)

Chicken Fettuccine Alfredo Seasoned Broccoli Garlic Bread Oreo Pudding Parfait	Loaded Nachos w/ tortilla rounds, Cheese Sauce, Lettuce, tomato, onion, Sour Cream, & Salsa Cinnamon Cake	Philly Cheesesteak Wrap w/ pickle French fries Fudge Pie	Chili Con Carne w/ Sour Cream & Chives Grilled Cheese Lemon Broccoli Cotton Candy Cookie	Smoked BBQ w/ Bun Pickle Baked Beans Red Dill Potato Salad Vanilla Pie	No Meal Service No Meal Service	No Meal Service
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DINNER

Corndogs French Fries Coleslaw Rice Crispy	Chicken Parmesan w/ Italian Sauce & Spaghetti Broccoli w/Lemon Butter Sauce Garlic Bread Apple Pie	Popcorn Chicken Bowl w/ mashed potatoes, Gravy, Cheddar Cheese, & Roasted Corn Cookie	Beef Burrito w/Seasoned Rice, Refried Beans, Cheese, Sour Cream, Salsa, & Jalapeno Brownie	No Meal Service	No Meal Service	Sack Meal: Ham & Cheese on Hoagie Roll w/ Mustard/Mayo Potato Chips Cookies Fruit Drink
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QUICK START BREAKFAST

- Creamy Oatmeal w/Toppings
- Ready-to-Eat Cereal
- Yogurt & Fresh Fruit
- Continental Selection of Breads, Bagels, & Pastries
- Scrambled and Hard-Boiled Eggs
- Breakfast Meat

BEVERAGES

- Breakfast: Coffee, Tea, Milk, Juice
- Lunch/Dinner: Iced Tea, Fruit Drink



FRESH GARDEN BAR

Create the perfect healthy meal at our fresh garden bar! Build your own salad from your choice of lettuce, fresh veggies, dressings, and other toppings.
 Fruit Offered Daily
 Served Daily with Lunch & Dinner



M.C. VAIL, INC. LUN 185-43725

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TENNESSEE CORRECTION ACADEMY

Fall-Winter 2023/2024 WEEK 4

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Country Fried Chicken Breast	Gyro Chicken Pita w/ Cucumber, Red Onion, Tomato & Tzatziki Sauce	Sweet and Sour Shrimp w/Rice	Chicken Fajitas w/ Onion, Peppers, Tortilla, Pico de Gallo & Sour Cream	Comdog	No Meal Service	No Meal Service
Red Mashed Potatoes w/ Gravy	Lemon Potato Wedges	Roasted Cauliflower	Black Bean Spanish Rice	French Fries	No Meal Service	No Meal Service
Peas	Bread Pudding w/ Vanilla Sauce	Vegetable Spring Roll	Churro	Coleslaw	No Meal Service	No Meal Service
Banana Pudding		Apple Crisp		Peanut butter Brownie	No Meal Service	No Meal Service
Chicken Fettuccine Alfredo	Taco Salad w/ Taco Beef, Cheese, Tortilla Rounds, Lettuce, Tomato, Onion, Jalapeno, Sour Cream, & Salsa	Garlic Parmesan Chicken Chunks	Breaded Chicken Homestyle Sandwich on Bun w/Lettuce, Tomato, & Onion	No Meal Service	No Meal Service	Sack Meal: Salami & Cheese on Hoogie Roll w/ Mustard/Mayo
Seasoned Broccoli		French Fries		No Meal Service	No Meal Service	Potato Chips
Garlic Bread		Coleslaw	Chips	No Meal Service	No Meal Service	Cookies
Rice Crispy	Cinnamon Cake	Rice Crispy Treat	Cookie	No Meal Service	No Meal Service	Fruit Drink

Creamy Oatmeal w/Toppings
 Ready-to-Eat Cereal
 Yogurt & Fresh Fruit
 Continental Selection of Breads, Bagels, & Pastries
 Scrambled and Hard-Boiled Eggs
 Breakfast Meat

Breakfast Coffee, Tea
 Milk, Juice
 Lunch/Dinner Iced Tea,
 Fruit Drink



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 Fruit Offered Daily

Served Daily with Lunch & Dinner



Mary
 M.S. AREA NO. 10NWK00137E

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