







	Monday 11/28/2022	Tuesday 11/29/2022	Wednesday 11/30/2022	Thursday 12/1/2022	Friday 12/2/2022
	Nashville Hot Chicken Bowl Steamed Brown Rice Honey Pepper Slaw	Braised Beef Roasted Mushroom Sauce, Mashed Potatoes, Seasoned Green Beans	Chicken Parmesan Spaghetti with Red Sauce, Sautéed Spinach w/ Garlic Whole Grain Bread Stick	Sloppy Joe Sliders Baked Potato Wedges Grilled Zucchini	Creole Chicken Baked Sweet Potato Wedges Smoky Greens
	Bacon Cheeseburger Cheeseburger Spicy Chicken Sandwich	Mushroom Swiss Burger Cheeseburger Spicy Chicken Sandwich	Turkey Burger w/ Pepperjack Cheeseburger Spicy Chicken Sandwich	Teriyaki Burger Cheeseburger Spicy Chicken Sandwich	BBQ Pulled Chicken Sandwich Cheeseburger Spicy Chicken Sandwich
	Hot Italian Pizza Pepperoni Pizza Cheese Pizza	Meatball Pizza Pepperoni Pizza Cheese Pizza	Supreme Pizza Pepperoni Pizza Cheese Pizza	Sausage Pizza Pepperoni Pizza Cheese Pizza	Veggie Pizza Pepperoni Pizza Cheese Pizza
	Daily Choice of: Bowl, Burrito, Nachos Protein Choices: Taco Beef, Fajita Chicken, Carnitas, Tofu Assorted Sides and Toppings				
	Protein Choices: Seasoned Beef, Marinated Chicken, Marinated Tofu Assorted Sides and Toppings				
	BBQ Grilled Chicken Fire Roasted Sweet Potatoes, Baked Beans	Orange Beef Stir Fry Brown Rice Pilaf Stir Fry Vegetables	Vegetarian Chili Baked Potato	Quinoa Pilaf Ragu Mushroom Sauce	Creole Chicken Baked Sweet Potato Wedges Braised Green Beans
<p>Contact your Chef Resident Director, Mark Jacobs, at 216-2959-4342 or email Jacobs_m@shaker.org for questions or comments.</p> <p>This institution is an equal opportunity provider.</p>					





