



# Russell Medical

## Docs Menu

### 12/2 – 12/8

- Sunday:** Southern Fried Pork Chops, Turkey Pot Roast  
California Mix Vegetables, Buttered Potatoes, Fried Okra, Seasoned Green Beans
- Monday:** Ribs, Chicken Spaghetti, Baked Beans, Fried Okra, Mixed Vegetables, Squash Casserole  
Chef's Special: Philly Cheese Steak, Fries  
Healthy Options: Pork Loin with Chutney, Zucchini and Squash, Sweet Potatoes, Black-eyed Peas
- Tuesday:** Country Steak with Gravy, Baked Pit Ham, Scalloped Potatoes, Green Peas, Carrot Coins, Steamed Spinach  
Chef's Special: Pasta Bar  
Healthy Options: Turkey Meatloaf, Mashed Potatoes, Pinto beans, Mixed Vegetables
- Wednesday:** Pulled Pork, Beef Stew & Rice, Green Beans, Baked Beans, Stewed Apples, Black-eyed Peas,  
Chef's Special: Pizza  
Healthy Options: Chef's Homemade Salads
- Thursday:** Fried Chicken, Salisbury Steak, Gravy, Mashed Potatoes, Speckled Butter Beans, Turnip Greens  
Healthy Options: Tomato Tarragon Fish, Steamed Rice, Blackeyed Peas, Broccoli
- Friday:** Smothered Pork Chops, Chicken & Dumplings, Macaroni & Cheese, Fried Okra, Whole Kernel Corn, Peas and Carrots  
Chef's Special: Hot Dog Bar with Toppings, Chips  
Healthy Options: Lemon Pepper Chicken, Vegetable Blend, Wild Rice
- Saturday:** Beef and Macaroni Casserole, Chicken Fillet on Bun  
Vegetable Blend, Potato Wedges, Green Peas, Stewed Apples

Menu Items are Subject to Change

