



October 2022

Tuesday, October 4	Thursday, October 6
Ribs Blackened Chicken Mac & Cheese Baked Potatoes	Pork Tenderloin Chicken Fried Chicken Whipped Potatoes Country Green Beans
Tuesday, October 11	Thursday, October 13
Roast Beef w/ Au Jus Dijon Chicken Roasted Broccoli Glazed Carrots	Chuckwagon Steak Santa Fe Chicken Au Gratin Potatoes Grilled Squash & Zucchini
Tuesday, October 18	Thursday, October 20
Fried Fish w/ Hush Puppies Beef Tips w/ Gravy Roasted Red Potatoes Spinach Casserole	Chicken Parmesan Sausage & Peppers Blackened Red Fish Grilled Asparagus Corn & Pearl Onions
Tuesday, October 25	Thursday, October 27
Salisbury Steak King Ranch Chicken Dirty Rice Fried Okra	Brats & Sauerkraut Pork Schnitzel Caraway Carrots German Green Beans

Lunch Hours: Tuesdays and Thursdays 11 a.m. – 12:30 p.m.
 Menus and dates are subject to change. For more information
 please call 405.377.3333 or visit meridiantech.edu/terracecafe.

