



October 2023

Tuesday, October 3	Thursday, October 5
Chile Rellenos Beef Fajitas Beans & Rice Chips & Queso	Pot Roast Ham Steak Roasted Potatoes & Carrots Mixed Vegetables
Tuesday, October 10	Thursday, October 12
Chicken Pot Pie Salisbury Steak Mashed Potatoes & Gravy Glazed Carrots	St. Louis Cut Ribs Barbecue Chicken Kentucky Sweet Potatoes Fried Okra
Tuesday, October 17	Thursday, October 19
Shrimp Creole w/ White Rice Creamy Cajun Chicken Creole Green Beans Maque Choux	CLOSED
Tuesday, October 24	Thursday, October 26
Pork Loin Santa Fe Carne Picadillo Spicy Marinated Mushrooms Mexican Style Squash	Chicken w/ Saffron Cream Sauce Steak Shish Kabob Basmati Rice w/ Saffron Charred Eggplant, Sweet Pepper, Onions & Tomatoes
Tuesday, October 31	Thursday, November 2
Chicken Fried Chicken Swedish Meatballs Mashed Potatoes & Gravy Country Green Beans	Cod w/ Jalapeno Marmalade Lime Marinated Grilled Chicken Squash Succotash Almond Rice Pilaf

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.

