



## September 2023

<b>Tuesday, September 5</b>		<b>Thursday, September 7</b>	
<b>Closed</b>		Meatloaf Chicken Tenders Mashed Potatoes & Gravy Country Style Green Beans Sautéed Mushrooms	
<b>Tuesday, September 12</b>		<b>Thursday, September 14</b>	
Barbecue Chicken Smoked Sausage Zesty Mac & Cheese Baked Beans Fried Okra		Spaghetti w/ Meatballs Chicken Parmesan Mozzarella Sticks w/ Marinara Italian Vegetables Garlic Bread	
<b>Tuesday, September 19</b>		<b>Thursday, September 21</b>	
Fried Fish Blackened Chicken Lemon Broccoli Grilled Corn Fried Zucchini Cornbread		Sweet & Spicy Bacon Sausage Mexican Casserole Chorizo & Egg Empanada Refried Beans Fried Potatoes	
<b>Tuesday, September 26</b>		<b>Thursday, September 28</b>	
Tuscan Chicken Fried Shrimp Cilantro Lime Rice Grilled Asparagus Dinner Rolls		Roasted Pork Loin Chicken Fried Steak Mashed Potatoes & Gravy Honey Glazed Carrots Assorted Rolls	

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](http://meridiantech.edu/terracecafe).

