

# THE KITCHEN

*We Deliver!*

**We Deliver (409)621-4080 Menu posted monthly on [thekitchencatering.com](http://thekitchencatering.com)**

## Menu for October 2019

*Grilled chicken salad offered daily*

	30	1	2	3	4
<i>Week of Oct 1st</i>	<i>Meatloaf or smothered chicken, both with mashed potatoes and gravy, navy beans and mixed greens with bacon</i>	<i>Beef enchiladas with Spanish rice, charro beans and corn or Loaded burrito with side salad and salsa</i>	<i>Chicken parmesan or baked ziti, both with broccoli, sweet carrots and garlic bread</i>	<i>Bacon and cheese chicken breast or Swiss steak, both with mashed potatoes, broccoli Normandy and corn on the cob</i>	<i>Chicken fried steak or fried chicken breast, both with mashed potatoes and gravy, green beans with bacon, sweet corn and a biscuit</i>
	7	8	9	10	11
<i>Week of Oct 7th</i>	<i>Pot roast or breaded pork chops, both with mashed potatoes and gravy, mixed greens with bacon and lima beans</i>	<i>Chicken empanadas or steak quesadillas, both with Spanish rice, re-fried beans and seasoned corn</i>	<i>Beef tips over rice with broccoli and carrots or Spaghetti and meatballs with salad and garlic bread</i>	<i>BBQ brisket or Pork ribs, both with potato salad, charro beans and corn on the cob</i>	<i>Chicken fried steak or fried chicken breast, both with mashed potatoes and gravy, green beans with bacon, sweet corn and a biscuit</i>
	14	15	16	17	18
<i>Week of Oct 14th</i>	<i>Meatloaf or smothered pork chops, both with mashed potatoes and gravy, black eyed peas and buttered spinach</i>	<i>Beef enchiladas or chicken fajitas, both with Spanish rice, charro beans, seasoned corn, tortillas and salsa</i>	<i>Chicken Alfredo with broccoli and carrots or chicken salad sandwich with organic greens, chips and a cookie</i>	<i>Roasted sliced pork loin or smothered chicken, both with rice and gravy, broccoli Normandy and corn on the cob</i>	<i>Chicken fried steak or fried chicken breast, both with mashed potatoes and gravy, green beans with bacon, sweet corn and a biscuit</i>
	21	22	23	24	25
<i>Week of Oct 21st</i>	<i>Swiss steak or breaded pork chops, both with loaded mashed potatoes, mixed greens with bacon and lima beans</i>	<i>Chicken empanadas or steak quesadillas, both with Spanish rice, re-fried beans and seasoned corn</i>	<i>Pot roast with mashed potatoes, steamed broccoli and sweet carrots or Spaghetti and meatballs with salad and garlic bread</i>	<i>Teriyaki chicken or Sweet and tangy roasted pork ribs, both over rice with broccoli Normandy and corn on the cob</i>	<i>Chicken fried steak or fried chicken breast, both with mashed potatoes and gravy, green beans with bacon, sweet corn and a biscuit</i>
	28	29	30	31	1
<i>Week of Oct 28th</i>	<i>Meatloaf or smothered chicken, both with mashed potatoes and gravy, navy beans and mixed greens with bacon</i>	<i>Beef enchiladas or chicken fajitas, both with Spanish rice, charro beans, seasoned corn, tortillas and salsa</i>	<i>Smothered chicken over egg noodles with broccoli and sweet carrots or Spaghetti and meatballs with salad and garlic bread</i>	<i>Beef tips or roasted chicken, both over steamed rice with corn on the cob and buttered spinach</i>	<i>Chicken fried steak or fried chicken breast, both with mashed potatoes and gravy, green beans with bacon, sweet corn and a biscuit</i>