

ALEXANDER'S HIGHLAND MARKET

225-615-7800

Build Pick-up dinners off the hot lines

\$7.99 per lb

Meat or Meatless Monday (Smoke House or Red Beans)

1. Fried and Baked Chicken
2. Fried Fish and Shrimp
3. Grilled Vegetables
4. Potato Wedges
5. Red Beans and Rice
6. BBQ chicken, pork, and ribs
8. BBQ Sausage
9. Mac and Cheese
10. Cream Spinach
11. Baked beans
12. Sweet Potato Soufflé
13. Bread Pudding
14. **2 Soups of the Day**

Asian Tuesday

1. Fried and Teriyaki Chicken
2. Fried Fish and Shrimp
3. Grilled Vegetables
4. Potato Wedges
5. Fried Rice
6. Sweet & Sour Pork
7. Sweet TSO Chicken
8. Shanghai Noodles w/ Veg
9. Seafood Rangoon
10. Veggie Eggrolls
11. Spring Rolls
12. Sweet Potato Soufflé
13. Bread Pudding
14. **2 Soups of the Day**

Italian Wednesday

1. Fried and Baked Chicken.
2. Fried Fish and Shrimp.
3. Grilled Vegetables
4. Potato Wedges
5. Spaghetti and Meatballs
6. Lasagna
8. Italian Sausage & Peppers
9. Stuffed Bell Peppers
10. Rosemary Roasted Potatoes
11. Roasted Root Veg (Beets, Carrots, and Sweet Potatoes)
12. Sweet Potato Soufflé
13. Bread Pudding
14. **2 Soups of the Day**

Hearty Homecooking Thursday

1. Fried and Baked Chicken.
2. Fried Fish and Shrimp
3. Grilled Vegetables
4. Potato Wedges
5. Meatloaf
6. Smothered Pork Chop
7. Jambalaya
8. Beef Stroganoff
9. Garlic Mashed Potato
10. Buttered Corn
11. Bacon Roasted Broccoli
12. Sweet Potato Soufflé
13. Bread Pudding
14. **2 Soups of the Day**

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Seafood Friday

1. Fried and Baked Chicken.
2. Fried Fish and Shrimp
3. Grilled Vegetables
4. Potato Wedges
5. Shrimp Scampi
6. Crawfish Etouffee / White Rice
7. Fish Sauce Piquant
8. Stuffed Catfish Turban
9. Shrimp and Grits
10. Green Beans
11. Mac and Cheese
12. Sweet Potato Soufflé
13. Bread Pudding
14. 2 Soups of the Day

SATURDAY

1. Fried and Baked Chicken.
2. Fried Fish and Shrimp
3. Grilled Vegetables
4. Potato Wedges
5. Arroz Con Pollo
6. Jambalaya
7. Shepards Pie
8. Hamburger Steak w/
Mushroom Gravy
9. Garlic Mashed Potatoes
10. Green Beans
11. Peas and Carrots
12. Turnip Greens
13. Bread Pudding
14. 2 Soups of the Day

SUNDAY

1. Fried and Baked Chicken.
2. Fried Fish
3. Roast Beef w/ Gravy
4. Pork Loin
5. Blackened Shrimp Pasta
6. Mashed Potatoes
7. Smothered Green Beans
8. Buttered Corn
9. Smothered Cabbage
10. Black Eyed Peas
11. Corn Bread
12. Sweet Potato Soufflé
13. Bread Pudding
14. 2 Soups of the Day

SALAD BAR (every day)

\$7.99 per lb

PIZZA (every day)

1. Single slice \$2.99
2. 2 slices for \$5.00
3. 16" cheese \$10.99 (\$1 each per topping)