



July 2026

EAMC Lanier Cafeteria Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	29	30	1	2	3
Lunch					
	6	7	8	9	10
Lunch					
	13	14	15	16	17
Lunch				Creole Shrimp & Grits Pork Chops & Onion Gravy Roasted Potatoes Collard Greens Mixed Vegetables	Chef's Choice
	20	21	22	23	24
Lunch	Country Fried Steak w/ Sawmill Gravy Baked Chicken Baked Potatoes Black Eyed Peas Turnip Greens Fried Okra	Alabama White BBQ Chicken BBQ Pulled Pork Potato Salad Slaw Fried Okra	BBQ Burger Cheeseburger Chicken Tenders French Fries Potato Salad Green Beans	Chicken Alfredo Beef Bolognese Steamed Broccoli Garlic Bread	Chef's Choice
	27	28	29	30	31
Lunch	Conecuh Sausage Dogs Fried Chicken Sandwich Slaw Brussels Sprouts	Pot Roast Potatoes Carrots Fried Catfish French Fries Dinner Rolls	Turkey Leg Baked Catfish Sweet Potatoes White Rice Corn Fried Okra	Build Your Own Wraps Sweet Potato Fries	Chef's Choice