

Lunch Menu

		1 Caribbean Chicken Caribbean Catfish Cantonese Spareribs Brown Gravy Red Beans & Rice Franconia Potatoes Brussel Sprouts Savory Summer Squash Broccoli Combo	2 Grilled Salmon w/Citrus Butter Baked Chicken Chicken Gravy Orzo with Lemon and Herbs Steamed Rice Zucchini Fritters Creamed Corn Broccoli	3 Cranberry Glazed Chicken Shrimp Chop Suey Sweet and Sour Spareribs Onion Gravy Pork Fried Rice Jefferson Noodles Japanese Stir Fry Vegetables Peas and Carrots Cauliflower	4 Eggplant Parmesan Ground Turkey Lasagna Parmesan Crusted Pork Chop Brown Gravy Brown Rice w/Tomato Rosemary Roasted Potato Wedge Roasted Carrots w/ Rosemary Garlic Peas Summer Squash Au Gratin	5 Pepper Steak Mambo Pork Roast Brown Gravy Filipino Rice Mashed Potatoes Grilled Asparagus Black Eyed Peas
6 Jerk Roast Turkey Fiesta Fish Cajun Meatloaf Turkey Gravy Islander Rice Oven Browned Potatoes Broccoli Polonaise Fried Cauliflower Corn	7 Roast Pork Cajun Chicken Grilled Steak Cream Gravy Steamed Rice Baked Potato Sautéed Collard Greens w/Garlic Corn on the Cob Mixed Vegetables	8 Fish w/SouthWest Salsa Mexican Baked Chicken Ground Beef Enchiladas Chicken Gravy Spanish Rice Hacienda Potatoes Hacienda Corn and Black Beans Peas w/ Mushrooms and Onions Summer Squash	9 Stuffed Green Peppers Creole Shrimp Hot and Spicy Chicken Brown Gravy Brown Rice with Vegetable Sicilian Rissole Potatoes Succotash Collard Greens	10 Sant Fe Chicken Pork Adobo Beef Yakisoba Brown Gravy Brown Rice Baked Sweet Potato Tempura Vegetables Scalloped Corn Herbed Green Beans	11 Turkey Nuggets Pacific Salmon w/Maple Ginger Glaze Salisbury Steak Brown Gravy Long Grain & Wild Rice Corn Bread Dressing Cauliflower Parmesan Glazed Carrots Green Beans	12 Mustard Chicken Shrimp Jambalaya Southern Fried Chicken Brown Gravy Baked Mac and Cheese Baked Potato Halves Corn Combo Spinach Cauliflower Au Gratin
13 Polynesian Fillet Teriyaki Pork Steak Asian BBQ Turkey Cream Gravy Oriental Rice Buttered Egg Noodles Sesame Glazed Green Beans Corn on the Cobb Carrots	14 Basil Baked Fish Chicken Fajitas Steak Ranchero Onion Gravy Mexican Rice O'Brien Potatoes Refried Beans Mexican Corn Broccoli	15 Lemon Pepper Catfish Baked Turkey and Noodles Beef and Corn Pie Cream Gravy Rice Pilaf Glazed Sweet Potatoes Peas w/ Mushrooms and Onions Spinach Club Broccoli Combo	16 Lemon Pepper Baked Chicken Baked Dijon Pork Chop Chili Mac Chicken Gravy Southwestern Rice Scalloped Potatoes Corn O'Brien Southern Style Collard Greens Tempura Vegetables	17 Baked Turkey Roulade Florentine Parmesan Fish Pork Schnitzel Mushroom Gravy Harvest Blend Rice Buttered Parsley Potatoes Harvest Vegetable and Bean Ragout Roasted Carrots w/ Rosemary Cauliflower	18 Basil Baked Fish BBQ Chicken Chicken Gravy Steamed Rice Garlic Mashed Potatoes Creamed Corn Peas	19 Pork Chops w/Pineapple Asian Glaze Teriyaki Steak Onion Gravy Fried Rice with Eggs Jefferson Noodles Japanese Stir Fry Vegetables Green Beans w/Mushroom Corn
20 Orzo w/ Spinach, Tomato, and Onion Shrimp Scampi Chicken Parmesan Chicken Gravy Brown Rice with Vegetable Sicilian Oven Browned Potatoes French Green Beans Cauliflower Combo Corn O'Brien	21 Creole Fish Fillets Orange Rosemary Pork Chop Chicken Cordon Bleu Chicken Gravy Hopping John Rice Rosemary Roasted Potato Wedge Mixed Vegetables Summer Squash Roasted Cauliflower	22 Santa Fe Glazed Chicken Sweet and Spicy Orange Salmon Stuffed Baked Pork Chops Onion Gravy Long Grain & Wild Rice Roasted Pepper Potatoes Grilled Asparagus Spanish Style Beans Peas and Carrots	23 Yakisoba Honey Ginger Chicken Chicken Pork Adobo Brown Gravy Spicy Brown Pilaf Rice Mashed Potatoes Fried Cabbage Glazed Carrots French Style Peas	24 Tuna Noodles Zesty Pork Chops Chicken with Dumplings Chicken Gravy Steamed Rice Potatoes and Herbs Corn Combo Savory Summer Squash Peas	25 Shrimp Kebab Teriyaki Chicken Pork Schnitzel Brown Gravy Parmesan Rice Baked Potato Spinach Cauliflower Parmesan Brussel Sprouts Sauteed Mushrooms & Onions	26 Cheese Tortellini with Marinara Savory Baked Chicken Mediterranean Salmon Chicken Gravy Sweet Potatoes Southern Style Baked Mac and Cheese Succotash Southern Style Collard Greens
27 Baked Fish w/Lemon Garlic Butter Beef Ball Stroganoff Southern Fried Chicken Chicken Brown Gravy Brown Rice Buttered Egg Noodles Carrots French Style Peas Green Beans	28 Turkey A La King Grilled Pork Chops Yankee Pot Roast Onion Gravy Steamed Rice Buttered Parsley Potatoes Peas Corn Calico Roasted Cauliflower	29 Caribbean Chicken Caribbean Catfish Cantonese Spareribs Brown Gravy Red Beans & Rice Franconia Potatoes Brussel Sprouts Savory Summer Squash Broccoli Combo	30 Grilled Salmon w/Citrus Butter Baked Chicken Chicken Gravy Orzo with Lemon and Herbs Steamed Rice Zucchini Fritters Creamed Corn Broccoli	31 Cranberry Glazed Chicken Shrimp Chop Suey Sweet and Sour Spareribs Onion Gravy Pork Fried Rice Jefferson Noodles Japanese Stir Fry Vegetables Peas and Carrots Cauliflower	*Meals are subject to change due to non-availability	