MENU SUBJECT TO CHANGE BASED ON ITEM AVAILABILITY

Week 1

DATE	Sep-27	Sep-28	Sep-29	Sep-30
	Sunday	**Monday**	**Tuesday**	**Wednesday**
	Lunch	Lunch	Lunch	Lunch
	Chinese Five-Spice Chicken	Beef and Noodles	Chicken Pot Pie	Chicken Stir Fry
	Chili Macaroni	Lemon Pepper Catfish	Salisbury Steak	Roast Pork
	Steamed Rice	Steamed Rice	Wild Rice	Fried Rice
	Baked Potato Halves	Mashed Potatoes	Steamed Fettuccine	Mashed Potatoes
	Savory Squash	Succotash	Broccoli Combo	Green Peas
	Seasoned Green Beans	Sliced Carrots	Fried Cabbage	Glazed Carrots
	Chicken Gravy	Mushroom Gravy	Brown Gravy	Giblet Gravy
	Dinner	Dinner	Dinner	Dinner
	Beef Yakisoba	Chicken Fajitas	Roast Beef	Teriyaki Salmon
	Baked Chicken and Gravy	Turkey A La King	Spaghetti w/Meat sauce	Bombay Chicken
	Steamed Rice	Buttered Egg Noodles	Oven Brown Potatoes	Garlic Mashed Potatoes
	Boiled Spaghetti	Spanish Rice	Spaghetti Noodles	Steamed Rice
	Buttered Corn	Stir Fry Vegetables	Seasoned Corn	Green Beans
	Collard Greens	Peas with Mushrooms	Mustard Greens	Summer Squash
	Chicken Gravy	Chicken Gravy	Natural Pan Gravy	Chicken Gravy

251st ARMY BIRTHDAY

DATE	Oct-01	Oct-02	Oct-03
	Thursday	**Friday**	**Saturday**
	Lunch	Lunch	Lunch
	Roast Turkey	Porterhouse Steak	Baked Chicken
	Shrimp Scampi	Steamed Lobster	Beef Yakisoba
	Bread Dressing	Rice Pilaf	Fried Potatoes
	Buttered Noodles	Baked Potatoes	Rice Pilaf
	Stir Fry Vegetables	Steamed Carrots	Cauliflower Combo
	Brussel Sprouts	Corn on the Cob	Black-Eye Peas
	Turkey Gravy	Gravy	Chicken Gravy
	Dinner	Dinner	Dinner
	Chicken Enchiladas (Scratch)	Chicken Jambalaya	Baked Fish
	Veal w/Mushroom Gravy	Meatloaf	Sweet and Sour Pork
	Spanish Rice	Steamed Rice	Steamed Rice
	Refried Beans	Mashed Potatoes	Mashed Potatoes
	Seasoned Broccoli	Cauliflower	Herbed Broccoli
	Peas & Carrots	Collard Greens	Summer Squash
	Brown Gravy	Brown Gravy	Brown Gravy

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Week 2

DATE	Oct-04	Oct-05	Oct-06	Oct-07
	Sunday	**Monday**	**Tuesday**	**Wednesday**
	Lunch	Lunch	Lunch	Lunch
	Barbeque Spareribs	Braised Pork Chops	Bayou Chicken	Parmesan Fish
	Chicken w/Gravy	Lasagna	Shrimp Chop Suey	Beef Yakisoba
	Egg Noodles	Fried Potatoes	Baked Potatoes	Steamed Rice
	Steamed Rice	Steamed Rice	Steamed Rice	Parsley Buttered Potatoes
	Buttered Corn	Mustard Greens	Brussels Sprouts	Steamed Broccoli
	Fried Cabbage	Cream Style Corn	Mixed Vegetables	Steamed Carrots
	Chicken Gravy	Brown Gravy	Chicken Gravy	Brown Gravy
	Dinner	Dinner	Dinner	Dinner
	Polish Sausage w/Peppers & Onions	Chili Macaroni	Salisbury Steak	Pepper Steak
	Roast Turkey	Chicken Adobo	Roast Turkey	Fried Chicken
	Mashed Potatoes	Egg Noodles	Bread Dressing	Steamed Rice
	Steamed Rice	Mashed Potatoes	Mashed Potatoes	Quick Baked Potatoes
	Brussels Sprouts	Green Beans	LA Squash	Corn Combo
	Stir Fry Vegetables	Corn O'Brien	Peas with Onions	Black-Eyed Peas
	Turkey Gravy	Chicken Gravy	Turkey Gravy	Chicken Gravy

DATE	Oct-08	Oct-09	Oct-10
	Thursday	**Friday**	**Saturday**
	Lunch	Lunch	Lunch
	Roast Pork Loin	Porterhouse Steak	Creole Macaroni
	Pineapple Chicken	Steamed Lobster	Baked Battered Fish
	Fried Rice	Rice Pilaf	Steamed Rice
	Baked Sweet Potatoes	Baked Potatoes	Mashed Potatoes
	Herbed Green Beans	Steamed Asparagus	Seasoned Carrot
	Corn O'Brien	Corn on the Cob	Stir Fry Vegetables
	Gravy	Gravy	Chicken Gravy
	Dinner	Dinner	Dinner
	Grilled Ham Steaks	BBQ Chicken	Herbed Baked Chicken
	Baked Chicken And Noodles	Sukiyaki	Veal Steaks
	Steamed Rice	Fried Rice	Steamed Rice
	Paprika Potatoes	Mashed Potatoes	Mashed Potatoes
	Peas and Carrots	Steamed Broccoli	Seasoned Green Beans
	Savory Squash	Cream Style Corn	Buttered Peas & Carrots
	Giblet Gravy	Brown Gravy	Chicken Gravy

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Week 3

DATE	Oct-11	Oct-12	Oct-13	Oct-14
	Sunday	**Monday**	**Tuesday**	**Wednesday**
	Lunch	Lunch	Lunch	Lunch
	Swedish Meatballs	Beef Stew	Beef Sukiyaki	Barbeque Spareribs
	Roast Turkey	Chinese 5 Spice Chicken Breast	Honey Glazed Chicken	Turkey ala King
	Bread Dressing	Mashed Potatoes	Mashed Potatoes	Baked Potato Halves
	Buttered Noodles	Steamed Rice	Steamed Rice	Noodles Jefferson
	Mixed Vegetables	Herbed Green Beans	Seasoned Corn	Collard Greens
	Savory Squash	Cauliflower Polonaise	Seasoned Broccoli	Corn on the Cob
	Giblet Gravy	Brown Gravy	Chicken Gravy	Brown Gravy
	Dinner	Dinner	Dinner	Dinner
	Beef and Noodles	Meat Loaf	Shrimp Scampi	Yankee Pot Roast
	Baked Fish	Baked Chicken	Salisbury Steak	Pork Chop w/Mushrooms
	Parsley Buttered Potatoes	Buttered Egg Noodles	Buttered Noodles	Cottage Fried Potatoes
	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice
	Seasoned Corn	Fried Cabbage	Green Beans	Seasoned Corn
	Brussels Sprouts	Peas with Onions	Glazed Carrots	Seasoned Peas
	Brown Gravy	Brown Gravy	Brown Gravy	Mushroom Gravy

DATE	Oct-15	Oct-16	Oct-17
	Thursday	**Friday**	**Saturday**
	Lunch	Lunch	Lunch
	Spaghetti w/Meat Sauce	Porterhouse Steak	Baked Fish
	Sweet & Sour Chicken	Steamed Lobster	Jaegerschnitzel
	Spaghetti Noodles	Rice Pilaf	Baked Potato
	Fried Rice	Baked Potatoes	Fried Rice
	Herbed Broccoli	Steamed Asparagus	Lima Beans
	Steamed Carrots	Corn on the Cob	Carrots
	Chicken Gravy	Gravy	Brown Gravy
	Dinner	Dinner	Dinner
	Buffalo Chicken Breast	Lasagna	Grilled Pork Chops
	Baked Battered Fish	Honey Ginger Chicken	Turkey Ala King
	Mashed Potatoes	O'Brien Potatoes	Steamed Rice
	Buttered Egg Noodles	Brown Rice	Mashed Potatoes
	Lima Beans	Mustard Greens	Seasoned Corn
	Cauliflower	Mixed Vegetables	Steamed Broccoli
	Chicken Gravy	Chicken Gravy	Brown Gravy

MENU SUBJECT TO CHANGE BASED ON ITEM AVAILABILITY

Week 4

DATE	Oct-18	Oct-19	Oct-20	Oct-21
	Sunday	**Monday**	**Tuesday**	**Wednesday**
	Lunch	Lunch	Lunch	Lunch
	Grilled Italian Sausage w/Peppers	Chili Macaroni	Chicken Adobo	Roast Beef
	Southern Fried Chicken	Chicken and Gravy	Mongolian Stir Fry	Chicken Pot Pie
	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Steamed Rice
	Steamed Egg Noodles	Steamed Rice	Fried Rice	Mashed Potatoes
	Calico Cabbage	Corn Combo	Brussels Sprout Parmesan	Seasoned Green Beans
	Green Beans	Club Spinach	Glazed Carrots	Mixed Vegetables
	Chicken Gravy	Mushroom Gravy	Chicken Gravy	Natural Pan Gravy
	Dinner	Dinner	Dinner	Dinner
	Baked Ham Steaks	Pork Adobo	Cajun Baked Fish	Sweet and Sour Pork Chops
	Beef Stew	Roasted Turkey	Grilled Polish Sausage	Herbed Baked Chicken
	Steamed Rice	Steamed Noodles	Buttered Egg Noodles	Rice Pilaf
	Baked Sweet Potatoes	Steamed Rice	Franconia Potatoes	Baked Potatoes
	Succotash	Green Beans	Seasoned Succotash	LA Style Squash
	Seasoned Peas	Corn on the Cob	Steamed Broccoli	Seasoned Collard Greens
	Brown Gravy	Brown Gravy	Brown Gravy	Chicken Gravy

DATE	Oct-22	Oct-23	Oct-24
	Thursday	**Friday**	**Saturday**
	Lunch	Lunch	Lunch
	Orange Chicken	Porterhouse Steak	Teriyaki Chicken
	Meat Loaf	Steamed Lobster	Spaghetti with Meat Sauce
	Steamed Pasta Noodles	Rice Pilaf	Spaghetti Noodles
	Parsley Potatoes	Baked Potatoes	Rice Pilaf
	Buttered Carrots	Steamed Asparagus	Buttered Peas
	Broccoli Parmesan	Corn on the Cob	Seasoned Carrots
	Brown Gravy	Gravy	Chicken Gravy
	Dinner	Dinner	Dinner
	Ginger Pot Roast	Barbeque Beef Cubes	Meat Loaf
	Baked Ham, Mac & Tomato	Chicken Nuggets	Pineapple Chicken
	Steamed Rice	Steamed Pasta Noodles	Steamed Rice
	O'Brien Potatoes	Paprika Potatoes	Mashed Potatoes
	Seasoned Corn	Mustard Greens	Seasoned Spinach
	Green Beans Nicoise	Cauliflower	Mixed Vegetables
	Brown Gravy	Brown Gravy	Brown Gravy