

**MENU SUBJECT TO CHANGE BASED ON ITEM AVAILABILITY**

## Week 1

DATE	Jul-06	Jul-07	Jul-08	Jul-09
	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
	Chinese Five-Spice Chicken	Beef and Noodles	Chicken Pot Pie	Chicken Stir Fry
	<u>Chili Macaroni</u>	Lemon Pepper Catfish	Salisbury Steak	Roast Pork
	<u>Steamed Rice</u>	Steamed Rice	Wild Rice	Fried Rice
	Baked Potato Halves	<u>Mashed Potatoes</u>	Steamed Fettuccine	Mashed Potatoes
	Savory Squash	Succotash	Broccoli Combo	Green Peas
	<u>Seasoned Green Beans</u>	<u>Sliced Carrots</u>	Fried Cabbage	Glazed Carrots
	Chicken Gravy	Mushroom Gravy	Brown Gravy	Giblet Gravy
	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
	Turkey Yakisoba	Chicken Fajitas	Roast Beef	Teriyaki Salmon
	<u>Baked Chicken and Gravy</u>	<u>Turkey A La King</u>	Spaghetti w/Meat sauce	Bombay Chicken
	<u>Steamed Rice</u>	<u>Buttered Egg Noodles</u>	Oven Brown Potatoes	Garlic Mashed Potatoes
	Boiled Spaghetti	Spanish Rice	Spaghetti Noodles	Steamed Rice
	<u>Buttered Corn</u>	Stir Fry Vegetables	Seasoned Corn	Green Beans
	Collard Greens	<u>Peas with Mushrooms</u>	Mustard Greens	Summer Squash
	Chicken Gravy	Chicken Gravy	Natural Pan Gravy	Chicken Gravy

### ARMY BIRTHDAY

DATE	Jul-10	Jul-11	Jul-12
	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
	Roast Turkey	Porterhouse Steak	Baked Chicken
	Shrimp Scampi	<u>Crab Legs</u>	<u>Ground Turkey Yakisoba</u>
	Bread Dressing	<u>Honey Ginger Chicken</u>	Fried Potatoes
	Buttered Noodles	<u>Rice Pilaf</u>	<u>Rice Pilaf</u>
	Stir Fry Vegetables	Italian Roasted Potatoes	Cauliflower Combo
	Brussels Sprouts	Steamed Asparagus	<u>Black-Eye Peas</u>
	Turkey Gravy	<u>Corn O'Brien</u>	Chicken Gravy
		Gravy	
	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
	Chicken Enchiladas (Scratch)	Chicken Jambalaya	<u>Baked Fish</u>
	Veal w/Mushroom Gravy	<u>Meatloaf</u>	Sweet and Sour Pork
	Spanish Rice	Steamed Rice	Steamed Rice
	Refried Beans	<u>Mashed Potatoes</u>	<u>Mashed Potatoes</u>
	Seasoned Broccoli	<u>Cauliflower</u>	<u>Herbed Broccoli</u>
	Peas & Carrots	Collard Greens	Summer Squash
	Brown Gravy	Brown Gravy	Brown Gravy

## Week 2

	Jul-13	Jul-14	Jul-15	Jul-16
DATE	Sunday	Monday	Tuesday	Wednesday
	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
	Barbeque Spareribs	<u>Braised Pork Chops</u>	Bayou Chicken	Parmesan Fish
	<u>Chicken w/Gravy</u>	Lasagna	Shrimp Chop Suey	Turkey Yakisoba
	<u>Egg Noodles</u>	Fried Potatoes	Baked Potatoes	Steamed Rice
	Steamed Rice	<u>Steamed Rice</u>	Steamed Rice	Parsley Buttered Potatoes
	<u>Buttered Corn</u>	<u>Mustard Greens</u>	Brussels Sprouts	Steamed Broccoli
	Fried Cabbage	Cream Style Corn	Mixed Vegetables	Steamed Carrots
	Chicken Gravy	Brown Gravy	Chicken Gravy	Brown Gravy
	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
	<u>Polish Sausage w/Peppers &amp; Onions</u>	Chili Macaroni	Salisbury Steak	Pepper Steak
	Roast Turkey	<u>Chicken Adobo</u>	Roast Turkey	Fried Chicken
	<u>Mashed Potatoes</u>	Egg Noodles	Bread Dressing	Steamed Rice
	Steamed Rice	<u>Mashed Potatoes</u>	Mashed Potatoes	Quick Baked Potatoes
	<u>Brussels Sprouts</u>	Green Beans	LA Squash	Corn Combo
	Stir Fry Vegetables	<u>Corn O'Brien</u>	Peas with Onions	Black-Eyed Peas
	Turkey Gravy	Chicken Gravy	Turkey Gravy	Chicken Gravy

	Jul-17	Jul-18	Jul-19
DATE	Thursday	Friday	Saturday
	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
	Roast Pork	Porterhouse Steak	<u>Creole Macaroni</u>
	Pineapple Chicken	<u>Crab Legs</u>	Baked Battered Fish
	Fried Rice	<u>Rice Pilaf</u>	<u>Steamed Rice</u>
	Baked Sweet Potatoes	Baked Potatoes	Mashed Potatoes
	Herbed Green Beans	Corn on the Cob	<u>Seasoned Carrot</u>
	Corn O'Brien	<u>Glazed Carrots</u>	Stir Fry Vegetables
	Chicken Gravy	Gravy	Chicken Gravy
	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
	Grilled Ham Steaks	<u>Pineapple Chicken</u>	<u>Herbed Baked Chicken</u>
	Baked Chicken And Noodles	Italian Meatballs	Veal Steaks
	Steamed Rice	Fried Rice	Steamed Rice
	Paprika Potatoes	<u>Mashed Potatoes</u>	<u>Mashed Potatoes</u>
	Peas and Carrots	Steamed Broccoli	Seasoned Green Beans
	Savory Squash	<u>Cream Style Corn</u>	<u>Buttered Peas &amp; Carrots</u>
	Giblet Gravy	Brown Gravy	Chicken Gravy

## Week 3

DATE	Jul-20	Jul-21	Jul-22	Jul-23
	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
	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
	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
	Beef and Noodles	Turkey 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	Jul-24	Jul-25	Jul-26
	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
	Spaghetti w/Meat Sauce	Porterhouse Steak	Baked Fish
	Sweet & Sour Chicken	Crab Legs	Jaegerschnitzel
	Spaghetti Noodles	Rice Pilaf	Baked Potato
	Fried Rice	Baked Potatoes	Fried Rice
	Herbed Broccoli	Steamed Asparagus	Lima Beans
	Steamed Carrots	Glazed Carrots	Carrots
	Chicken Gravy	Gravy	Brown Gravy
	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
	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

## Week 4

DATE	Jul-27	Jul-28	Jul-29	Jul-30
	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
	<u>Grilled Italian Sausage w/Peppers</u>	Chili Macaroni	Chicken Adobo	Roast Beef
	Southern Fried Chicken	<u>Chicken and Gravy</u>	Mongolian Stir Fry	Chicken Pot Pie
	Mashed Potatoes	<u>Mashed Potatoes</u>	Mashed Potatoes	Steamed Rice
	<u>Steamed Egg Noodles</u>	Steamed Rice	Fried Rice	Mashed Potatoes
	Calico Cabbage	<u>Corn Combo</u>	Brussels Sprout Parmesan	Seasoned Green Beans
	<u>Green Beans</u>	Club Spinach	Glazed Carrots	Mixed Vegetables
	Chicken Gravy	Mushroom Gravy	Chicken Gravy	Natural Pan Gravy
	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
	Baked Ham Steaks	Pork Adobo	Cajun Baked Fish	Sweet and Sour Pork Chops
	<u>Beef Stew</u>	<u>Roasted Turkey</u>	Grilled Polish Sausage	Herbed Baked Chicken
	<u>Steamed Rice</u>	Steamed Noodles	Buttered Egg Noodles	Rice Pilaf
	Baked Sweet Potatoes	<u>Steamed Rice</u>	Franconia Potatoes	Baked Potatoes
	Succotash	Green Beans	Seasoned Succotash	LA Style Squash
	<u>Seasoned Peas</u>	<u>Corn on the Cob</u>	Steamed Broccoli	Seasoned Collard Greens
	Brown Gravy	Brown Gravy	Brown Gravy	Chicken Gravy

DATE	Jul-31	Aug-01	Aug-02
	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
	Orange Chicken	Porterhouse Steak	Teriyaki Chicken
	Turkey Loaf	<u>Crab Legs</u>	<u>Spaghetti with Meat Sauce</u>
	Steamed Pasta Noodles	<u>Rice Pilaf</u>	<u>Spaghetti Noodles</u>
	Parsley Potatoes	Baked Potatoes	Rice Pilaf
	Buttered Carrots	Steamed Asparagus	Buttered Peas
	Broccoli Parmesan	<u>Glazed Carrots</u>	<u>Seasoned Carrots</u>
	Brown Gravy	Gravy	Chicken Gravy
	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
	Ginger Pot Roast	<u>Barbeque Beef Cubes</u>	Turkey Loaf
	Baked Ham, Mac & Tomato	Chicken Nuggets	<u>Pineapple Chicken</u>
	Steamed Rice	<u>Steamed Pasta Noodles</u>	Steamed Rice
	O'Brien Potatoes	Paprika Potatoes	<u>Mashed Potatoes</u>
	Seasoned Corn	Mustard Greens	Seasoned Spinach
	Green Beans Nicoise	<u>Cauliflower</u>	<u>Mixed Vegetables</u>
	Brown Gravy	Brown Gravy	Brown Gravy