



# Dining Facility Monthly Menu

■ **High Performance Foods:**  
Eat Often

■ **Moderate Performance Foods:**  
Eat Occasionally

■ **Performance Limiting Foods:**  
Eat Rarely

1-Oct

## LUNCH MENU

- Chicken Ala King
- Country Style Steak
- Lemon Baked Fish
- Spinach & Tomato Orzo
- Parmesan Rice
- Roasted Cauliflower
- Carrots on the Griddle
- Mixed Vegetables
- Fruit Salad
- Shrimp Gumbo
- Garden Vegetable Soup
- Angus Steak Chili
- Snack Line Special
- Grilled Polish Sausage
- Chicken Salad Sandwich

## DINNER MENU

- Grilled Pork Chops
- Caribbean Catfish
- Cajun Meatloaf
- Red Beans & Rice
- Crispy Potato Wedges
- Corn on the Cob
- Stewed Tomatoes
- Peas w/Onions
- Cole Slaw
- Shrimp Gumbo
- Garden Vegetable Soup
- Angus Steak Chili
- Snack Line Special
- Hot Wings
- Chicken Salad Sandwich

2 Oct

## LUNCH MENU

- Pepper Steak
- Chicken Parmesan
- Baked Fish w/ Lemon Garlic
- Brown Rice
- Oven Browned Potatoes
- Scalloped Corn
- Mixed Vegetables
- Spinach
- Cucumber and Onion Salad
- Broccoli & Cheese Soup
- Tomato Basil Soup
- Chicken Chili
- Snack Line Special
- Sloppy Joes
- Pesto Sandwich

## DINNER MENU

- Grilled Pork Chops
- Tuna Noodles
- Savory Baked Chicken
- Long Grain and Wild Rice
- Glazed Sweet Potatoes
- Stewed Tomatoes
- Roasted Brussel Sprouts
- Corn
- Cucumber and Onion Salad
- Broccoli & Cheese Soup
- Tomato Basil Soup
- Chicken Chili
- Snack Line Special
- Sloppy Joes
- Pesto Sandwich

### 3-Oct

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#### LUNCH MENU

- Basil Baked Fish
- BBQ Chicken
- Pasta Provencal
- Mashed Potatoes
- Jefferson Noodles
- Cauliflower
- Carrots
- Peas
- Pasta Salad
- Chicken Noodle Soup
- Minestrone Soup
- Angus Steak Chili
- Snack Line Special
- Tacos
- Grilled Beef and Provolone

#### DINNER MENU

- Baja Fish Tacos
- Baked Mexican Chicken
- Beef Stir Fry
- Steamed Rice
- Hacienda Potatoes
- Corn Combo
- Cauliflower
- Sesame Green Beans
- Pasta Salad
- Chicken Noodle Soup
- Minestrone Soup
- Angus Steak Chili
- Snack Line Special
- Tacos
- Grilled Beef and Provolone

### 4-Oct

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#### LUNCH MENU

- Grilled Pork Chops
- Caribbean Catfish
- Cajun Meatloaf
- Red Beans & Rice
- Crispy Potato Wedges
- Corn on the Cob
- Stewed Tomatoes
- Peas w/Onions
- Cole Slaw
- Shrimp Gumbo
- Garden Vegetable Soup
- Angus Steak Chili
- Snack Line Special
- Hot Wings
- Chicken Salad Sandwich

#### DINNER MENU

- Onion Lemon Baked Fish
- Simmered Beef
- Cajun Chicken
- Rice Pilaf
- Roasted Peppers Potatoes
- Carrots on the Griddle
- Fried Okra
- Green Beans
- Cole Slaw
- Shrimp Gumbo
- Garden Vegetable Soup
- Angus Steak Chili
- Snack Line Special
- Hot Wings
- Chicken Salad Sandwich

### 5-Oct

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#### LUNCH MENU

- Baked Dijon Pork Chops
- Spinach Lasagna
- Baked Turkey Roulade
- Italian Style Baked Beans
- Steamed Brown Rice
- Collard Greens W/ Garlic
- Cauliflower Combo
- Scalloped Corn
- Potato Salad
- Broccoli & Cheese Soup
- Tomato Basil Soup
- Chicken Chili
- Snack Line Special
- Pizza
- Turkey Panni

#### DINNER MENU

- Baked Salmon
- BBQ Pineapple Meatballs
- Honey Mustard Chicken
- Crispy Potato Wedges
- Steamed Rice
- Savory Summer Squash
- Mixed Vegetables
- Curried Cauliflower
- Potato Salad
- Broccoli & Cheese Soup
- Tomato Basil Soup
- Chicken Chili
- Snack Line Special
- Pizza
- Turkey Panni

## 6-Oct

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### LUNCH MENU

- Roast Turkey
- Italian Broccoli Pasta
- Stuffed Green Peppers
- Cornbread Dressing
- Baked Sweet Potatoes
- Grilled Asparagus
- Peas & Carrots
- Fried Cauliflower
- Macaroni Salad
- Chicken Noodle Soup
- Minestrone Soup
- Angus Steak Chili
- Snack Line Special
- Cheese Fishwich
- Tuna Salad Sandwich

### DINNER MENU

- Turkey & Spinach Meat Loaf
- Crispy Oven Baked Chicken
- Parmesan
- Orzo w/Lemon & Herbs
- Roasted Rosemary Potatoes
- Roasted Carrots w/Rosemary
- Brussel Sprouts
- Corn
- Macaroni Salad
- Chicken Noodle Soup
- Minestrone Soup
- Angus Steak Chili
- Snack Line Special
- Cheese Fishwich
- Tuna Salad Sandwich

## 7-Oct

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### LUNCH MENU

- Baked Chicken
- Southwester Shrimp Linguine
- Beef Bulgogi
- Sicilian Brown Rice
- Garlic Mashed Potatoes
- Herbed Green Beans
- Fried Okra
- Braised Cabbage
- Carrot Salad
- Shrimp Gumbo
- Garden Vegetable Soup
- Angus Steak Chili
- Snack Line Special
- BLT Sandwich
- Baked Beans

### DINNER MENU

- Honey Ginger Chicken
- Salisbury Steak
- Chicken Tenders
- Southern Style Sweet Potatoes
- Boston Baked Beans
- Cauliflower Au Gratin
- Collard Greens
- Scalloped Corn
- Carrot Salad
- Shrimp Gumbo
- Garden Vegetable Soup
- Angus Steak Chili
- Snack Line Special
- BLT Sandwich
- Baked Beans

## 8-Oct

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### LUNCH MENU

- Creole Fish Filets
- Stir fry Chicken w/Broccoli
- Teriyaki Steak
- Lyonnaise Rice
- Peas & Carrots
- Roasted Cauliflower
- French Style Green Beans
- Fruit Salad
- Broccoli & Cheddar
- Tomato Basil
- Chicken Chili
- Snack Line Special
- Grilled Bratwurst Sausage
- Chicken Salad Sandwich

### DINNER MENU

- Chicken Ala King
- Baked Fish
- Pasta Primavera
- O'Brien Potatoes
- Rice Pilaf
- Hacienda Corn and Black Beans
- Squash w/Tomatoes
- Fruit Salad
- Broccoli & Cheddar
- Tomato Basil
- Chicken Chili
- Snack Line Special
- Grilled Bratwurst Sausage
- Chicken Salad Sandwich

9-Oct

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**COLUMBUS DAY LUNCH MENU**

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- Cucumber and Onion Salad
- Broccoli & Cheese Soup
- Tomato Basil Soup
- Chicken Chili
- Snack Line Special
- Sloppy Joes
- Pesto Sandwich

**DINNER MENU**

- Turkey Spaghetti
- Baked Fish w/Garlic Butter
- Honey Siracha Chicken
- Long Grain and Wild Rice
- Baked Sweet Potatoes
- French Style Peas
- Cauliflower Parmesan
- Roasted Carrots w/Rosemary
- Cucumber and Onion Salad
- Broccoli & Cheese Soup
- Tomato Basil Soup
- Chicken Chili
- Snack Line Special
- Sloppy Joes
- Pesto Sandwich

10-Oct

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**LUNCH MENU**

- Chili Mac
- Baked Basil Fish
- Teriyaki Chicken
- Rice Pilaf
- Mashed Potatoes
- Green Beans
- Asian Cabbage Stir Fry
- Cauliflower
- Pasta Salad
- Chicken Noodle Soup
- Minestrone Soup
- Angus Steak Chili
- Snack Line Special
- Tacos
- Grilled Beef and Provolone

**DINNER MENU**

- Grilled Pork Chops
- Baja Baked Cod
- Pasta Provencal
- Scalloped Potatoes
- Steamed Rice
- Cauliflower Combo
- Corn Calico
- Garlic Sauteed Spinach
- Pasta Salad
- Chicken Noodle Soup
- Minestrone Soup
- Angus Steak Chili
- Snack Line Special
- Tacos
- Grilled Beef and Provolone

11-Oct

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**LUNCH MENU**

- Shrimp Kabob
- Lemon basil Pasta
- Ginger BBQ Chicken
- Garlic and Soy Potatoes
- Steamed Rice
- Green Beans w/ Sesame Glaze
- Savory Summer Squash
- Spinach
- Cole Slaw
- Shrimp Gumbo
- Garden Vegetable Soup
- Angus Steak Chili
- Snack Line Special
- Hot Wings
- Chicken Salad Sandwich

**DINNER MENU**

- Tomatoes w/ Penne & Basil
- Southern Fried Chicken
- Sweet Chili Meatballs
- Brown Rice
- Potatoes and Herbs
- Curried Cauliflower
- Stewed Tomatoes
- Grilled Asparagus
- Cole Slaw
- Shrimp Gumbo
- Garden Vegetable Soup
- Angus Steak Chili
- Snack Line Special
- Hot Wing
- Chicken Salad Sandwich

## 12-Oct

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### LUNCH MENU

- Honey Mustard Chicken Breast
- Ziti w/ Mushroom Sauce
- Baked Fish
- Red Beans & Rice
- Mashed Potatoes
- Green Beans
- Southern Style Collard Greens
- Carrots
- Potato Salad
- Broccoli & Cheese Soup
- Tomato Basi Soup
- Angus Steak Chili
- Snack Line Special
- Pizza
- Turkey Panni

### DINNER MENU

- Hot & Spicy Chicken
- Lemon Basil Pasta
- Cantonese Ribs
- Crispy Potato Wedges
- Harvest Blend Rice
- Fried Okra
- Green Beans
- Cream Style Corn
- Potato Salad
- Broccoli & Cheese Soup
- Tomato Basi Soup
- Angus Steak Chili
- Snack Line Special
- Pizza
- Turkey Panni

## 13-Oct

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### LUNCH MENU

- Polish Sausage
- Baked Salmon
- Hamburger Yakisoba
- Buttered parsley Potatoes
- Brown Rice w/Tomatoes
- Sauteed Peppers & Onions
- Brussel Sprouts
- Mixed Vegetables
- Macaroni Salad
- Chicken Noodle Soup
- Minestrone Soup
- Angus Steak Chili
- Snack Line Special
- Cheese Fishwich
- Tuna Salad Sandwich

### DINNER MENU

- Roast Beef
- Shrimp Scampi
- Chicken Cordon Bleu
- Baked Potato Halves
- Steamed Rice
- Corn on the Cob
- Glazed Carrots
- Cauliflower Parmesan
- Macaroni Salad
- Chicken Noodle Soup
- Minestrone Soup
- Angus Steak Chili
- Snack Line Special
- Cheese Fishwich
- Tuna Salad Sandwich

## 14-Oct

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### LUNCH MENU

- Santa Fe Glazed Chicken
- Baked Dijon Pork Chops
- Beef Ball Stroganoff
- Rice Pilaf
- Cottage Fried Potatoes
- Stewed Tomatoes
- Fried Cauliflower
- Braised Cabbage
- Carrot Salad
- Shrimp Gumbo
- Garden Vegetable Soup
- Angus Steak Chili
- Snack Line Special
- BLT Sandwich
- Baked Beans

### DINNER MENU

- Maple Glazed Salmon
- Stuffed Green Peppers
- Pasta Primavera
- Garlic Mashed Potatoes
- Lyonnaise Rice
- Garlic Sauteed Spinach
- Mixed Vegetables
- Fried Okra
- Carrot Salad
- Shrimp Gumbo
- Garden Vegetable Soup
- Angus Steak Chili
- Snack Line Special
- BLT Sandwich
- Baked Beans

15-Oct

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**LUNCH MENU**

- Spaghetti w/ Marinara
- Baked Stuffed Fish
- Baked Chicken
- Steamed Rice
- Roasted Pepper Potatoes
- Roasted Carrots w/Rosemary
- Japanese Stir-Fry Vegetable
- Mixed Vegetables
- Fruit Salad
- Broccoli & Cheese Soup
- Tomato Basil Soup
- Chicken Chili
- Snack Line Special
- Grilled Polish Sausage
- Chicken Salad Sandwich

**DINNER MENU**

- Beef Pot Pie
- Lemon Baked Fish
- Herb Baked Chicken
- Rosemary Roasted Potatoes
- Steamed Rice
- Country Style Vegetables
- Corn
- Carrot w/ Warm Spices
- Fruit Salad
- Broccoli & Cheese Soup
- Tomato Basil Soup
- Chicken Chili
- Snack Line Special
- Grilled Polish Sausage
- Chicken Salad Sandwich

16-Oct

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**LUNCH MENU**

- Caribbean Catfish
- Chicken Cordon Bleu
- Stuffed Green Peppers
- Islander Rice
- Baked Potato Halves
- Corn Combo
- Peas
- Cucumber and Onion Salad
- Chicken Noodle Soup
- Minestrone Soup
- Angus Steak Chili
- Snack Line Special
- Sloppy Joes
- Pesto Sandwich

**DINNER MENU**

- Sweet Potatoes Beans & Corn
- Beef Stew
- Chicken Breast Dijon
- Rice Pilaf
- Roasted Pepper Potatoes
- Asparagus
- Cauliflower
- Cucumber and Onion Salad
- Chicken Noodle Soup
- Minestrone Soup
- Angus Steak Chili
- Snack Line Special
- Sloppy Joes
- Pesto Sandwich

17-Oct

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**LUNCH MENU**

- Baked Fish
- Meat Loaf
- Baked Chicken
- Baked Macaroni and Cheese
- Mashed Potatoes
- French Cut Green Beans
- Carrots
- Corn on the Cob
- Pasta Salad
- Shrimp Gumbo
- Garden Vegetable Soup
- Angus Chile Chili
- Snack Line Special
- Tacos
- Grilled Beef and Provolone

**DINNER MENU**

- BBQ Beef Cubes
- Southwester Fish
- Grilled Pork Chops
- Mexican Rice
- Refried beans w/Cheese
- Peas
- Mexican Corn
- Spinach
- Pasta Salad
- Shrimp Gumbo
- Garden Vegetable Soup
- Angus Chile Chili
- Snack Line Special
- Tacos
- Grilled Beef and Provolone

18-Oct

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**LUNCH MENU**

- Lemon Basil Shrimp Pasta
- Grilled Chicken w/Mustard sauce
- Grilled Pork Chops
- Roasted Red Skin Potatoes
- Rice Pilaf
- Rosemary Mushroom
- Grilled Asparagus
- Southern Style Greens
- Cole Slaw
- Broccoli & Cheddar Soup
- Tomato Basil Soup
- Chicken Chili
- Snack Line Special
- Hot Wings
- Chicken Salad Sandwich

**DINNER MENU**

- Roast Turkey
- Grilled Steak
- Mediterranean Salmon
- Roasted Peppers Potatoes
- Brown Rice
- Braised Cabbage
- Green Beans
- Cauliflower Combo
- Cole Slaw
- Broccoli & Cheddar Soup
- Tomato Basil Soup
- Chicken Chili
- Snack Line Special
- Hot Wings
- Chicken Salad Sandwich

19-Oct

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**LUNCH MENU**

- Grilled Salmon w/Citrus Butter
- Honey Ginger Chicken
- Corned Beef
- Sweet Potatoes Southern Style
- Spicy Brown Rice Pilaf
- Southern Style Collard Greens
- Corn
- Stewed Tomatoes
- Potato Salad
- Chicken Noodle Soup
- Minestrone Soup
- Angus Steak Chili
- Snack Line Special
- Pizza
- Turkey Panni

**DINNER MENU**

- Crispy Oven Baked Chicken
- Roast Beef
- Parmesan Crusted Cod
- Steamed Rice
- Baked Sweet Potato
- Fried Okra
- Carrots
- Corn Combo
- Potato Salad
- Chicken Noodle Soup
- Minestrone Soup
- Angus Steak Chili
- Snack Line Special
- Pizza
- Turkey Panni

20-Oct

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**LUNCH MENU**

- Chicken Cordon Bleu
- Baked Stuffed Pork Chops
- Italian Broccoli Pasta
- Savory Style Beans
- Oven Browned Potatoes
- Cauliflower Au Gratin
- Carrots on the Griddles
- Grilled Asparagus
- Macaroni Salad
- Shrimp Gumbo
- Garden Vegetable Soup
- Angus Chile Chili
- Snack Line Special
- Cheese Fishwich
- Tuna Salad Sandwich

**DINNER MENU**

- Greek Lemon Turkey Pasta
- Savory Baked Chicken
- Oven Fried Fish
- Brown Rice w/Vegetables
- Mashed Potatoes
- Garlic Sauteed Spinach
- Mixed Vegetables
- Green Beans
- Macaroni Salad
- Shrimp Gumbo
- Garden Vegetable Soup
- Angus Chile Chili
- Snack Line Special
- Cheese Fishwich
- Tuna Salad Sandwich

21-Oct

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**LUNCH MENU**

- Baked Stuffed Fish
- Hot and Spicy Chicken
- Ziti with Meat Sauce
- Buttered Parsley Potatoes
- Harvest Blend Rice
- Herbed Green Beans
- Zucchini & Yellow Squash Gratin
- Fried Okra
- Carrot Salad
- Shrimp Gumbo
- Garden Vegetable Soup
- Angus Steak Chili
- Snack Line Special
- BLT Sandwich
- Baked Beans

**DINNER MENU**

- Beef Stir Fry
- Baked Stuffed Fish
- Chicken Bulgogi
- Brown Rice
- Lyonnaise Potatoes
- Japanese Stir- Fry Vegetables
- Fried Cauliflower
- Glazed Carrots
- Carrot Salad
- Shrimp Gumbo
- Garden Vegetable Soup
- Angus Steak Chili
- Snack Line Special
- BLT Sandwich
- Baked Beans

22-Oct

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**LUNCH MENU**

- Turkey Spaghetti
- Shrimp Jambalaya
- Southern Fried Chicken
- Boston Baked Beans
- Buttered Egg Noodles
- Carrots
- Peas
- Cauliflower Combo
- Fruit Salad
- Broccoli & Cheese Soup
- Tomato Basil Soup
- Chicken Chili
- Snack Line Special
- Grilled Polish Sausage
- Chicken Salad Sandwich

**DINNER MENU**

- Baked Dijon Pork Chops
- Chile Mac
- Lemon Pepper Catfish
- Mashed Potatoes
- Steamed Rice
- Roasted Cauliflower
- Corn
- Brussel Sprouts
- Fruit Salad
- Broccoli & Cheese Soup
- Tomato Basil Soup
- Chicken Chili
- Snack Line Special
- Grilled Polish Sausage
- Chicken Salad Sandwich

23-Oct

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**LUNCH MENU**

- Roast Beef
- Chicken Cordon Bleu
- Pasta Primavera
- Mashed Potatoes
- Steamed Rice
- Cauliflower
- Cream Style Corn
- Roasted Squash w/Tomatoes
- Cucumber and Onion Salad
- Shrimp Gumbo
- Garden Vegetable Soup
- Angus Steak Chili
- Snack Line Special
- Sloppy Joes
- Pesto Sandwich

**DINNER MENU**

- Turkey Nuggets
- Beef & Corn Pie
- Baked Chicken
- Long Grain and Wild Rice
- Oven Browned Potatoes
- Roasted Cauliflower
- Grilled Asparagus
- Curried Cauliflower
- Cucumber and Onion Salad
- Shrimp Gumbo
- Garden Vegetable Soup
- Angus Steak Chili
- Snack Line Special
- Sloppy Joes
- Pesto Sandwich



## 24-Oct

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### LUNCH MENU

- Chicken Kabob
- Pepper Steak
- Tuna Noodles
- Steamed Rice
- Roasted Redskin Potatoes
- Braised Cabbage
- Mexican Corn
- Rosemary Mushrooms
- Pasta Salad
- Broccoli & Cheese Soup
- Tomato Basil Soup
- Chicken Chili
- Snack Line Special
- Tacos
- Grilled Beef and Provolone

### DINNER MENU

- Sweet & Spicy Salmon
- Spaghetti w/Marinara
- Steak Ranchero
- Brown Rice
- Cottage Fried Potatoes
- Peas and Carrots
- Green Beans
- Calico Corn
- Pasta Salad
- Broccoli & Cheese Soup
- Tomato Basil Soup
- Chicken Chili
- Snack Line Special
- Tacos
- Grilled Beef and Provolone

## 25-Oct

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### LUNCH MENU

- Beef Brogul
- Onion Lemon Baked Fish
- Pork Schnitzel
- Rice Pilaf
- Baked Beans
- Spinach
- Carrots
- Savory Summer Squash
- Cole Slaw
- Chicken Noodle Soup
- Minestrone Soup
- Angus Steak Chili
- Snack Line Special
- Hot Wings
- Chicken Salad Sandwich

### DINNER MENU

- Almond Crusted Cod
- Hamburger Yakisoba
- Cranberry Glazed Chicken
- Lyonnaise Potatoes
- Steamed Rice
- Roasted Brussel Sprouts
- Hacienda Corn & Black Beans
- Peas
- Cole Slaw
- Chicken Noodle Soup
- Minestrone Soup
- Angus Steak Chili
- Snack Line Special
- Hot Wings
- Chicken Salad Sandwich

## 26-Oct

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### LUNCH MENU

- Tomatoes w/Basil & Penne
- BBQ Pineapple Meatballs
- Turkey & Spinach Meatloaf
- Islander Rice
- O'Brien Potatoes
- Curried Cauliflower
- Vegetable Medley
- French Style Green Beans
- Potato Salad
- Shrimp Gumbo
- Garden Vegetable Soup
- Angus Steak Chili
- Snack Line Special
- Pizza
- Garden Turkey Sandwich

### DINNER MENU

- BBQ Beef Cubes
- Chicken Enchiladas
- Turkey Florentine Roulade
- Steamed Rice
- Baked Mac & Cheese
- Grilled Asparagus
- Mixed Vegetables
- Cream Corn
- Potato Salad
- Shrimp Gumbo
- Garden Vegetable Soup
- Angus Steak Chili
- Snack Line Special
- Pizza
- Garden Turkey Sandwich

27-Oct

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**LUNCH MENU**

- Stuffed Peppers w/Turkey
- Tuna Noodles
- Swiss Steak w/Brown Gravy
- Brown Rice w/Tomatoes
- Mashed Potatoes
- Carrots
- Mediterranean Grilled Asparagus
- Peas
- Macaroni Salad
- Broccoli & Cheese Soup
- Tomato Basil Soup
- Chicken Chili
- Snack Line Special
- Cheese Fishwich
- Tuna Salad Sandwich

**DINNER MENU**

- Lasagna
- Chicken Cacciatore
- Italian Broccoli Pasta
- Harvest Blend Rice
- Franconia Potatoes
- Scalloped Corn
- Herbed Green Beans
- Squash Gratin
- Macaroni Salad
- Broccoli & Cheese Soup
- Tomato Basil Soup
- Chicken Chili
- Snack Line Special
- Cheese Fishwich
- Tuna Salad Sandwich

28-Oct

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**LUNCH MENU**

- Grilled Sriracha Chicken
- Chili Mac
- Shrimp Stir Fry
- Steamed Rice
- Baked Potato
- Asian Stir Fry Cabbage
- Fried Okra
- Corn Combo
- Carrot Salad
- Chicken Noodle Soup
- Minestrone Soup
- Angus Steak Chili
- Snack Line Special
- BLT Sandwich
- Baked Beans

**DINNER MENU**

- Chicken Dijon
- Braised Spareribs
- Grilled Salmon w/Citrus Butter
- Baked Beans
- Brown Rice
- Pea's w/Onions
- Green Beans Sesame Glaze
- Southern Style Collard Greens
- Carrot Salad
- Chicken Noodle Soup
- Minestrone Soup
- Angus Steak Chili
- Snack Line Special
- BLT Sandwich
- Baked Beans

29-Sep

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**LUNCH MENU**

- Chicken Ala King
- Country Style Steak
- Lemon Baked Fish
- Spinach & Tomato Orzo
- Parmesan Rice
- Roasted Cauliflower
- Carrots on the Griddle
- Mixed Vegetables
- Fruit Salad
- Shrimp Gumbo
- Garden Vegetable Soup
- Angus Steak Chili
- Snack Line Special
- Grilled Polish Sausage
- Chicken Salad Sandwich

**DINNER MENU**

- Swedish Meatballs
- Polynesian Fillet
- Steak Smothered in Onions
- Rissolle Potatoes
- Asian Rice
- Carrots
- Roasted Squash & Tomatoes
- Cauliflower Combo
- Fruit Salad
- Shrimp Gumbo
- Garden Vegetable Soup
- Angus Steak Chili
- Snack Line Special
- Grilled Polish Sausage
- Chicken Salad Sandwich

30-Oct

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**LUNCH MENU**

- Pepper Steak
- Chicken Parmesan
- Baked Fish w/Lemon Garlic
- Brown Rice
- Oven Browned Potatoes
- Calico Corn
- Mixed Vegetables
- Spinach
- Cucumber and Onion Salad
- Broccoli & Cheese Soup
- Tomato Basil Soup
- Chicken Chili
- Snack Line Special
- Sloppy Joes
- Pesto Sandwich

**DINNER MENU**

- Grilled Pork Chops
- Tuna Noodles
- Savory Baked Chicken
- Long Grain and Wild Rice
- Glazed Sweet Potatoes
- Stewed Tomatoes
- Roasted Brussel Sprouts
- Corn
- Cucumber and Onion Salad
- Broccoli & Cheese Soup
- Tomato Basil Soup
- Chicken Chili
- Snack Line Special
- Sloppy Joes
- Pesto Sandwich

31-Oct

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**LUNCH MENU**

- Basil Baked Fish
- BBQ Chicken
- Pasta Provencal
- Mashed Potatoes
- Jefferson Noodles
- Cauliflower
- Carrots
- Peas
- Pasta Salad
- Chicken Noodle Soup
- Minestrone Soup
- Angus Steak Chili
- Snack Line Special
- Tacos
- Grilled Beef and Provolone

**DINNER MENU**

- Baja Fish Tacos
  - Baked Mexican Chicken
  - Beef Stir Fry
  - Steamed Rice
  - Hacienda Potatoes
  - Corn Combo
  - Cauliflower
  - Sesame Green Beans
  - Pasta Salad
  - Chicken Noodle Soup
  - Minestrone Soup
  - Angus Steak Chili
  - Snack Line Special
  - Tacos
  - Grilled Beef and Provolone
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