



Dining Facility Monthly Menu

High Performance Foods:
Eat Often

Moderate Performance Foods:
Eat Occasionally

Performance Limiting Foods:
Eat Rarely

1-May

LUNCH MENU

- ☐ Grilled Pork Chops
- ☐ Creole Shrimp
- ☐ Creole Baked Chicken
- ☐ Wild Rice
- ☐ Mashed Potatoes
- ☐ Garlic Sauteed Spinach
- ☐ Mixed Vegetables
- ☐ Garlic Peas
- ☐ Macaroni Salad
- ☐ Shrimp Gumbo
- ☐ Garden Vegetable Soup
- ☐ Chicken Chili
- ☐ Snack Line Special

DINNER MENU

- ☐ Italian Broccoli Pasta
- ☐ Savory Baked Chicken
- ☐ Parmesan Fish
- ☐ Italian Style Baked Beans
- ☐ Oven Browned Potatoes
- ☐ Roasted Cauliflower
- ☐ Carrots on the Griddle
- ☐ Broccoli
- ☐ Macaroni Salad
- ☐ Shrimp Gumbo
- ☐ Garden Vegetable Soup
- ☐ Chicken Chili
- ☐ Snack Line Special

2-May UTA Weekend

LUNCH MENU

- ☐ Beef Stew
- ☐ Pork Schnitzel
- ☐ Lemon Pepper Catfish
- ☐ Steamed Rice
- ☐ Noodles Jefferson
- ☐ Roasted Corn
- ☐ Herb Green Beans
- ☐ Roasted Brussel Sprouts
- ☐ Carrot Salad
- ☐ Broccoli & Cheese Soup
- ☐ Chicken Noodle Soup
- ☐ Angus Steak Chili
- ☐ Snack Line Special
- ☐ BLT Sandwich

DINNER MENU

- ☐ Crispy Baked Chicken
- ☐ Swedish Meat Balls
- ☐ Sweet & Spicy Salmon
- ☐ Baked Sweet Potatoes
- ☐ Red Beans & Rice
- ☐ Southern Collard Greens
- ☐ Broccoli
- ☐ Stewed Tomatoes
- ☐ Carrot Salad
- ☐ Broccoli & Cheese Soup
- ☐ Chicken Noodle Soup
- ☐ Angus Steak Chili
- ☐ Snack Line Special
- ☐ BLT Sandwich
- ☐ Baked Beans

3-May UTA Weekend

LUNCH MENU

- ☐ Oven Fried Fish
- ☐ Lemon Turkey Pasta
- ☐ Steak Ranchero
- ☐ Cottage Fried Potatoes
- ☐ Steamed Rice
- ☐ Carrots
- ☐ Corn
- ☐ Braised Cabbage
- ☐ Fruit Salad
- ☐ Chicken Tortilla Soup
- ☐ Minestrone Soup
- ☐ Vegan Lentil
- ☐ Snack Line Special
- ☐ Italian Sausage

4-May

DINNER MENU

- ☐ Roast Beef
 - ☐ Chicken Cacciatore
 - ☐ Pasta Provencal
 - ☐ Dirty Rice
 - ☐ Mashed Potatoes
 - ☐ Black Eyed Peas
 - ☐ Carrots on the Griddle
 - ☐ Mixed Vegetables
 - ☐ Fruit Salad
 - ☐ Chicken Tortilla Soup
 - ☐ Minestrone Soup
 - ☐ Vegan Lentil
 - ☐ Snack Line Special
 - ☐ Italian Sausage
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LUNCH MENU

- ☐ Beef Teriyaki
- ☐ Tuscan Chicken
- ☐ Creole Fish
- ☐ Jalapeno Rice
- ☐ Roasted Pepper Potatoes
- ☐ Pea's w/ Mushrooms
- ☐ Roasted Cauliflower
- ☐ French Style Green Beans
- ☐ Cucumber and Onion Salad
- ☐ Chicken & Dumpling Soup
- ☐ Tomato Basil
- ☐ Angus Steak Chili
- ☐ Snack Line Special

5-May

DINNER MENU

- ☐ Chicken Ala King
 - ☐ Baked Fish
 - ☐ Pasta Primavera
 - ☐ O'Brien Potatoes
 - ☐ Quinoa Southwest Pilaf
 - ☐ Hacienda Corn & Black Beans
 - ☐ Peas
 - ☐ Stewed Tomatoes
 - ☐ Cucumber and Onion Salad
 - ☐ Chicken & Dumpling Soup
 - ☐ Tomato Basil
 - ☐ Angus Steak Chili
 - ☐ Snack Line Special
 - ☐ Sloppy Joes
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LUNCH MENU

- ☐ Honey Ginger Chicken
- ☐ Pepper Steak
- ☐ Tuna Noodles
- ☐ Steamed Rice
- ☐ Roasted Redskin Potatoes
- ☐ Braised Cabbage
- ☐ Mexican Corn
- ☐ Rosemary Mushrooms
- ☐ Pasta Salad
- ☐ Shrimp Gumbo
- ☐ Garden Vegetable Soup
- ☐ Chicken Chili
- ☐ Snack Line Special
- ☐ Tacos
- ☐ Grilled Beef and Provolone

DINNER MENU

- ☐ Honey Sriracha Chicken
- ☐ Baked Salmon
- ☐ Caribbean Curry Beef
- ☐ Steamed Rice
- ☐ Garlic Mashed Potatoes
- ☐ Herb Green Beans
- ☐ Fried Okra
- ☐ Braised Cabbage
- ☐ Pasta Salad
- ☐ Shrimp Gumbo
- ☐ Garden Vegetable Soup
- ☐ Chicken Chili
- ☐ Snack Line Special

6-May

LUNCH MENU

- ☐ Mexican Baked Chicken
- ☐ Baja Fish Tacos
- ☐ Stuffed Green Peppers
- ☐ Steamed Rice
- ☐ Hacienda Potatoes
- ☐ Corn Combo
- ☐ Sesame Glazed Green Beans
- ☐ Savory Summer Squash
- ☐ Cole Slaw
- ☐ Broccoli & Cheese Soup
- ☐ Chicken Noodle Soup
- ☐ Angus Steak Chili
- ☐ Snack Line Special

DINNER MENU

- ☐ Basil Baked Fish
- ☐ Chicken & Dumplings
- ☐ Veal Parmesan
- ☐ Mashed Potatoes
- ☐ Jefferson Noodles
- ☐ Carrots
- ☐ Broccoli Parmesan
- ☐ Corn
- ☐ Cole Slaw
- ☐ Broccoli & Cheese Soup
- ☐ Chicken Noodle Soup
- ☐ Angus Steak Chili
- ☐ Snack Line Special
- ☐ Hot Wings
- ☐ Chicken Salad Sandwich

7-May

LUNCH MENU

- ☐ Cajun Chicken
- ☐ Onion Lemon Baked Fish
- ☐ Simmered Beef
- ☐ Dirty Rice
- ☐ Roasted Pepper Potatoes
- ☐ Carrots on the Griddle
- ☐ Creole Green Beans
- ☐ Fried Okra
- ☐ Potato Salad
- ☐ Chicken Tortilla Soup
- ☐ Minestrone Soup
- ☐ Vegan Lentil
- ☐ Snack Line Special

DINNER MENU

- ☐ Harvest Veg & Bean Ragout
- ☐ Grilled Pork Chops
- ☐ Cajun Meatloaf
- ☐ Red Beans & Rice
- ☐ Crispy Potato Wedges
- ☐ Corn on the Cob
- ☐ Cajun Style Vegetables
- ☐ Pea's w/ Onions
- ☐ Potato Salad
- ☐ Chicken Tortilla Soup
- ☐ Minestrone Soup
- ☐ Vegan Lentil
- ☐ Snack Line Special

8-May

LUNCH MENU

- ☐ Baked Salmon
- ☐ Pineapple BBQ Meatballs
- ☐ Honey Mustard Chicken
- ☐ Steamed Rice
- ☐ Rissolle Potatoes
- ☐ Callico Corn
- ☐ Mixed Vegetables
- ☐ Roasted Cauliflower
- ☐ Macaroni Salad
- ☐ Chicken & Dumpling Soup
- ☐ Tomato Basil
- ☐ Angus Steak Chili
- ☐ Snack Line Special
- ☐ Cheese Fishwich

DINNER MENU

- ☐ Spinach Lasagna
- ☐ Savory Baked Chicken
- ☐ Pork Carnitas
- ☐ Italian Baked Beans
- ☐ Cilantro Lime Brown Rice Pilaf
- ☐ Broccoli
- ☐ Mexican Corn
- ☐ Squash Gratin
- ☐ Macaroni Salad
- ☐ Chicken & Dumpling Soup
- ☐ Tomato Basil
- ☐ Angus Steak Chili
- ☐ Snack Line Special
- ☐ Cheese Fishwich
- ☐ Tuna Salad Sandwich

9-May

LUNCH MENU

- Turkey & Spinach Meatloaf
- Crispy Baked Chicken
- Parmesan Fish
- Roasted Rosemary Potatoes
- Orzo w/ Lemon Herbs
- Roasted Carrots w/ Rosemary
- Brussel Sprouts
- Broccoli Polonaise
- Carrot Salad
- Shrimp Gumbo
- Garden Vegetable Soup
- Chicken Chili
- Snack Line Special

DINNER MENU

- Teriyaki Chicken
- Stuffed Green Peppers
- Cheese Tortellini
- Baked Stuffed Fish
- Steamed Rice
- Baked Sweet Potatoes
- Grilled Asparagus
- Pea's w/Mushrooms
- Carrots
- Carrot Salad
- Shrimp Gumbo
- Garden Vegetable Soup
- Chicken Chili
- Snack Line Special
- BLT Sandwich

10-May

LUNCH MENU

- Honey Ginger Chicken
- Salisbury Steak
- Fried Shrimp
- Southern Style Sweet Potatoes
- Boston Baked Beans
- Collard Greens
- Scalloped Corn
- Mixed Vegetables
- Fruit Salad
- Broccoli & Cheese Soup
- Chicken Noodle Soup
- Angus Steak Chili
- Snack Line Special

DINNER MENU

- Baked Chicken
- Southwestern Shrimp Linguine
- Beef Bulgogi
- Brown Rice
- Garlic Mashed Potatoes
- Herbed Green Beans
- Fried Okra
- Braised Cabbage
- Fruit Salad
- Broccoli & Cheese Soup
- Chicken Noodle Soup
- Angus Steak Chili
- Snack Line Special
- Italian Sausage

11-May

LUNCH MENU

- Chicken Fajitas
- Baked Fish
- Pasta Primavera
- O'Brien Potatoes
- Quinoa Southwest Pilaf
- Hacienda Corn & Black Beans
- Stewed Tomatoes
- Savory Summer Squash
- Cucumber and Onion Salad
- Chicken Tortilla Soup
- Minestrone Soup
- Vegan Lentil
- Snack Line Special

DINNER MENU

- Creole Fish
- Stir Fry Chicken w/ Broccoli
- Teriyaki Steak
- Steamed Rice
- Roasted Pepper Potatoes
- Pea's w/ Mushrooms
- Roasted Cauliflower
- French Style Green Beans
- Cucumber and Onion Salad
- Chicken Tortilla Soup
- Minestrone Soup
- Vegan Lentil
- Snack Line Special
- Sloppy Joes
- Pesto Sandwich

12-May

LUNCH MENU

- Roast Beef
- Turkey Spaghetti
- Pork Chops w/ Pineapple Gaze
- Mashed Potatoes
- Rice Pilaf
- Brussel Sprouts
- Cream Corn
- Roasted Zucchini & Tomatoes
- Pasta Salad
- Chicken & Dumpling Soup
- Tomato Basil
- Angus Steak Chili
- Snack Line Special

DINNER MENU

- Turkey Nuggets
- Beef Stew
- Onion Lemon Baked Fish
- Wild Rice
- Oven Browned Potatoes
- Carrots
- Snow Peas
- Grilled Asparagus
- Pasta Salad
- Chicken & Dumpling Soup
- Tomato Basil
- Angus Steak Chili
- Snack Line Special
- Tacos
- Grilled Beef and Provolone

13-May

LUNCH MENU

- Sweet & Spicy Orange Salmon
- Chili Mac
- Chicken Kabobs
- Brown Rice
- Cottage Fried Potatoes
- Peas & Carrots
- Green Beans w/ Mushrooms
- Calico Corn
- Cole Slaw
- Shrimp Gumbo
- Garden Vegetable Soup
- Angus Steak Chili
- Snack Line Special
- Hot Winas

DINNER MENU

- BBQ Chicken
- Pepper Steak
- Fried Shrimp
- Quinoa Garden Pilaf
- Roasted Peppers Potatoes
- Braised Cabbage
- Fried Okra
- Garlic Peas
- Cole Slaw
- Shrimp Gumbo
- Garden Vegetable Soup
- Angus Steak Chili
- Snack Line Special
- Hot Winas

14-May

LUNCH MENU

- Almond Crusted Cod
- Hamburger Yakisoba
- Herb Baked Chicken
- Lyonnaise Potatoes
- Steamed Rice
- Roasted Brussel Sprouts
- Corn O'Brien
- French Style Peas
- Potato Salad
- Chicken & Dumpling Soup
- Tomato Basil
- Angus Steak Chili
- Snack Line Special
- Pizza
- Turkey Panni

DINNER MENU

- Baked Ham
- Onion Lemon Baked Fish
- Chicken Gumbo
- Brown Rice
- Mashed Potatoes
- Carrots
- Green Beans
- Broccoli Polonaise
- Potato Salad
- Chicken & Dumpling Soup
- Tomato Basil
- Angus Steak Chili
- Snack Line Special
- Pizza
- Turkey Panni

15-May

LUNCH MENU

- ▣ BBQ Beef Cubes
- ▣ Greek Lemon Chicken
- ▣ Basil Baked Fish
- ▣ Orzo Lemon Herb
- ▣ Steamed Rice
- ▣ Grilled Asparagus
- ▣ Broccoli Combo
- ▣ Black Eyed Peas
- ▣ Macaroni Salad
- ▣ Chicken Tortilla Soup
- ▣ Minestrone Soup
- ▣ Vegan Lentil
- Snack Line Special
- ▣ Cheese Fishwich

DINNER MENU

- ▣ Cheese Tortellini
 - ▣ Pineapple BBQ Meatballs
 - ▣ Maple Glazed Salmon
 - ▣ Islander Rice
 - ▣ O'Brien Potatoes
 - ▣ French Style Green Beans
 - ▣ Vegetables Medley
 - ▣ Roasted Cauliflower
 - ▣ Macaroni Salad
 - ▣ Chicken Tortilla Soup
 - ▣ Minestrone Soup
 - ▣ Vegan Lentil
 - Snack Line Special
 - ▣ Cheese Fishwich
 - ▣ Tuna Salad Sandwich
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16-May

LUNCH MENU

- ▣ Lemon Pepper Baked Chicken
- ▣ Caribbean Catfish
- ▣ Braised Beef & Noodles
- ▣ Harvest Blend Rice
- ▣ Buttered Noodles
- ▣ Scalloped Corn
- ▣ Roasted Butternut Squash
- ▣ Herbed Green Beans
- ▣ Carrot Salad
- ▣ Chicken & Dumpling Soup
- ▣ Tomato Basil
- ▣ Angus Steak Chili
- Snack Line Special

DINNER MENU

- ▣ Swiss Steak w/ Brown Gravy
 - ▣ Green Peppers w/ Turkey
 - ▣ Chicken Tenders
 - ▣ Brown Rice w/Tomatoes
 - ▣ Simmered Pinto Beans
 - ▣ Peas
 - ▣ Succotash
 - ▣ Mediterranean Grilled Asparagus
 - ▣ Carrot Salad
 - ▣ Chicken & Dumpling Soup
 - ▣ Tomato Basil
 - ▣ Angus Steak Chili
 - Snack Line Special
 - ▣ BLT Sandwich
 - ▣ Baked Beans
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17-May

LUNCH MENU

- ▣ Creole Shrimp
- ▣ Asian Beef & Bourbon
- ▣ Teriyaki Chicken
- ▣ Baked Beans
- ▣ Brown Rice
- ▣ Pea's w/ Mushrooms & Onions
- ▣ Green Beans
- ▣ Southern Style Collard Greens
- ▣ Fruit Salad
- ▣ Shrimp Gumbo
- ▣ Garden Vegetable Soup
- ▣ Angus Steak Chili
- Snack Line Special

DINNER MENU

- ▣ Honey Siracha Chicken
- ▣ Chili Mac
- ▣ Shrimp Stir Fry
- ▣ Steamed Rice
- ▣ Baked Potatoes
- ▣ Asian Stir Fry Cabbage
- ▣ Fried Okra
- ▣ Corn Combo
- ▣ Fruit Salad
- ▣ Shrimp Gumbo
- ▣ Garden Vegetable Soup
- ▣ Angus Steak Chili
- Snack Line Special
- ▣ Italian Sausage
- ▣ Chicken Salad Sandwich

18-May

LUNCH MENU

- ☐ Sweet Potatoes w/ Black Beans & Corn
- ☐ Black Salmon w/ Herb Vinaigrette
- ☐ Mambo Pork
- ☐ Steamed Rice
- ☐ Parsley Buttered Potatoes
- ☐ Garlic Peas
- ☐ Spinach
- ☐ Green Beans w/ Mushrooms
- ☐ Cucumber and Onion Salad
- ☐ Broccoli & Cheese Soup
- ☐ Tomato Basil Soup
- ☐ Angus Steak Chili
- ☐ Snack Line Special
- ☐ Sloppy Joes

DINNER MENU

- ☐ Chicken Scampi
- ☐ Country Style Steak
- ☐ Pasta Primavera
- ☐ Almond Crusted Cod
- ☐ Lyonnaise Rice
- ☐ Roasted Pepper Potatoes
- ☐ Corn
- ☐ Broccoli
- ☐ Cucumber and Onion Salad
- ☐ Broccoli & Cheese Soup
- ☐ Tomato Basil Soup
- ☐ Angus Steak Chili
- ☐ Snack Line Special

19-May

LUNCH MENU

- ☐ Beef Stir Fry
- ☐ Mr. Z Baked Chicken
- ☐ Grilled Pork Chops
- ☐ Steamed Rice
- ☐ Orzo w/ Lemon Herbs
- ☐ Fried Okra
- ☐ Asian Cabbage Stir Fry
- ☐ Green Beans
- ☐ Pasta Salad
- ☐ Chicken Tortilla Soup
- ☐ Minestrone Soup
- ☐ Vegan Lentil
- ☐ Snack Line Special
- ☐ Cheese Fishwich
- ☐ Tuna Salad Sandwich

DINNER MENU

- ☐ Roast Pork Tenderloin
- ☐ Baja Baked Cod
- ☐ Greek Lemon Chicken
- ☐ Scalloped Potatoes
- ☐ Buttered Noodles
- ☐ Broccoli Combo
- ☐ Mediterranean Grilled Asparagus
- ☐ Parmesan Brussel Sprouts
- ☐ Pasta Salad
- ☐ Chicken Tortilla Soup
- ☐ Minestrone Soup
- ☐ Vegan Lentil
- ☐ Snack Line Special
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20-May

LUNCH MENU

- ☐ Lasagna
- ☐ Shrimp Jambalaya
- ☐ Cajun Chicken
- ☐ Brown Rice
- ☐ Potatoes & Herbs
- ☐ Roasted Butternut Squash
- ☐ Honey peapods & Carrots
- ☐ Creole Green Beans
- ☐ Cole Slaw
- ☐ Chicken & Dumpling Soup
- ☐ Tomato Basil
- ☐ Angus Steak Chili
- ☐ Snack Line Special
- ☐ Hot Wings
- ☐ Chicken Salad Sandwich

DINNER MENU

- ☐ Roast Pork Tenderloin
- ☐ Ginger BBQ Chicken
- ☐ Shrimp Stir Fry
- ☐ Steamed Rice
- ☐ Baked Potato Halves
- ☐ Cabbage w/ Bacon
- ☐ Corn O'Brien
- ☐ Roasted Brussel Sprouts
- ☐ Cole Slaw
- ☐ Chicken & Dumpling Soup
- ☐ Tomato Basil
- ☐ Angus Steak Chili
- ☐ Snack Line Special
- ☐ Hot Wings
- ☐ Chicken Salad Sandwich

21-May

LUNCH MENU

- ☐ Grilled Salmon w/Citrus Butter
- ☐ Meat Loaf
- ☐ Parmesan Chicken
- ☐ Spicy Brown Rice
- ☐ Mashed Potatoes Wedges
- ☐ Broccoli
- ☐ Herbed Green Beans
- ☐ Carrots
- ☐ Potato Salad
- ☐ Shrimp Gumbo
- ☐ Garden Vegetable Soup
- ☐ Chicken Chili
- ☐ Snack Line Special
- ☐ Pizza
- ☐ Turkey Panni

DINNER MENU

- ☐ Hot & Spicy Chicken
- ☐ Pasta Tuscona
- ☐ Cantonese Ribs
- ☐ Crispy Potato Wedges
- ☐ Quinoa Garbanzo Beans
- ☐ Fried Okra
- ☐ Green Beans w/ Mushrooms
- ☐ Cream Style Corn
- ☐ Potato Salad
- ☐ Shrimp Gumbo
- ☐ Garden Vegetable Soup
- ☐ Chicken Chili
- ☐ Snack Line Special
- ☐ Pizza

22-May

LUNCH MENU

- ☐ Polish Sausage
- ☐ Basil Baked Fish
- ☐ Spaghetti w/ Meatballs
- ☐ Buttered Parsley Potatoes
- ☐ Steamed Rice
- ☐ Roasted Pepper & Onions
- ☐ Roasted Brussels Sprouts
- ☐ Mixed Vegetables
- ☐ Macaroni Salad
- ☐ Broccoli & Cheese Soup
- ☐ Chicken Noodle Soup
- ☐ Angus Steak Chili
- ☐ Snack Line Special

DINNER MENU

- ☐ Baked Fish w/ Lemon Garlic Butter
- ☐ Chicken Lime Tacos
- ☐ Braised Beef & Noodles
- ☐ Garlic Mashed Potatoes
- ☐ Mexican Rice
- ☐ Mexican Street Corn
- ☐ Ginger Glazed Carrots
- ☐ Green Beans
- ☐ Macaroni Salad
- ☐ Broccoli & Cheese Soup
- ☐ Chicken Noodle Soup
- ☐ Angus Steak Chili
- ☐ Snack Line Special
- ☐ Cheese Fishwich
- ☐ Tuna Salad Sandwich

23-May

LUNCH MENU

- ☐ Grilled Pork Chops
- ☐ Savory Baked Chicken
- ☐ BBQ Beef Cubes
- ☐ Brown Rice
- ☐ Cottage Fried Potatoes
- ☐ Corn on the Cob
- ☐ Fried Cauliflower
- ☐ Braised Cabbage
- ☐ Carrot Salad
- ☐ Chicken Tortilla Soup
- ☐ Minestrone Soup
- ☐ Vegan Lentil
- ☐ Snack Line Special
- ☐ BLT Sandwich

DINNER MENU

- ☐ Chesapeake Bay Shrimp
- ☐ Chicken Kabob
- ☐ Pasta Primavera
- ☐ Glazed Sweet Potatoes
- ☐ Hopping John
- ☐ Garlic Sauteed Spinach
- ☐ Pea's w/ Onions
- ☐ French Cut Green Beans
- ☐ Carrot Salad
- ☐ Chicken Tortilla Soup
- ☐ Minestrone Soup
- ☐ Vegan Lentil
- ☐ Snack Line Special
- ☐ BLT Sandwich
- ☐ Baked Beans

24-May

LUNCH MENU

- Cheese Tortellini
- Pepper Steak
- Bourbon Chicken
- Steamed Rice
- Roasted Peppers Red Potatoes
- Roasted Carrots w/ Rosemary
- Corn Combo
- Broccoli Parmesan
- Fruit Salad
- Chicken & Dumpling Soup
- Tomato Basil
- Angus Steak Chili
- Snack Line Special
- Italian Sausage

DINNER MENU

- Beef Stew
- Lemon Baked Fish
- Herbed Baked Chicken
- Mashed Potatoes
- Rice Pilaf
- Green Beans
- Vegetables Stir Fry
- Corn
- Fruit Salad
- Chicken & Dumpling Soup
- Tomato Basil
- Angus Steak Chili
- Snack Line Special
- Italian Sausage

25-May

MEMORIAL DAY LUNCH MENU

- Grilled Steak
- BBQ Chicken
- Fried Shrimp
- Boston Baked Beans
- Baked Macaroni and Cheese
- Corn on the Cob
- Roasted Brussel Sprouts
- Peas
- Cucumber and Onion Salad
- Shrimp Gumbo
- Garden Vegetable Soup
- Chicken Chili
- Snack Line Special
- Sloppy Joes
- Pesto Sandwich

DINNER MENU

- Chicken Gumbo
- Braised Ribs
- Fried Shrimp
- Steamed Rice
- Orzo w/ Spinach & Tomato
- Herb Green Beans
- Peas & Carrots
- Broccoli
- Cucumber and Onion Salad
- Shrimp Gumbo
- Garden Vegetable Soup
- Chicken Chili
- Snack Line Special
- Sloppy Joes
- Pesto Sandwich

26-May

LUNCH MENU

- BBQ Pork Loin
- Meat Loaf
- BBQ Chicken
- Baked Macaroni and Cheese
- Mashed Potatoes
- Black-Eyed Peas
- Cabbage w/ Bacon
- Corn on the Cob
- Pasta Salad
- Broccoli & Cheese Soup
- Chicken Noodle Soup
- Angus Steak Chili
- Snack Line Special
- Tacos
- Grilled Beef and Provolone

DINNER MENU

- Mexican Baked Chicken
- Southwestern Fish
- Beef Fajitas
- Mexican Rice
- Refried beans w/Cheese
- Hacienda Green Beans
- Mexican Corn
- Roasted Brussel Sprouts
- Pasta Salad
- Broccoli & Cheese Soup
- Chicken Noodle Soup
- Angus Steak Chili
- Snack Line Special
- Tacos
- Grilled Beef and Provolone

27-May

LUNCH MENU

- Roasted Pork Tenderloin
- Citrus Herb Chicken
- Mediterranean Salmon
- Roasted Potatoes
- Brown Rice
- Roasted Cauliflowers
- Peas
- Broccoli Polonaise
- Cole Slaw
- Chicken Tortilla Soup
- Minestrone Soup
- Vegan Lentil
- Snack Line Special

DINNER MENU

- Baked Salmon
- Grilled Steak
- Portobello Mushrooms Fajitas
- Rice Pilaf
- Baked Beans
- Spinach
- Cajun Style Vegetables
- Scallop Corn
- Cole Slaw
- Chicken Tortilla Soup
- Minestrone Soup
- Vegan Lentil
- Snack Line Special
- Hot Wings

28-May

LUNCH MENU

- Country Style Steak
- Baked Chicken
- Fried Catfish
- Boston Baked Beans
- Brown Rice
- Corn on the Cob
- Pea's w/ Mushrooms & Onions
- Stewed Tomatoes
- Potato Salad
- Chicken & Dumpling Soup
- Tomato Basil
- Angus Steak Chili
- Snack Line Special
- Pizza
- Turkey Panni

DINNER MENU

- Chicken & Broccoli Stir Fry
- Shrimp Kabob
- Teriyaki Steak
- Steamed Rice
- Roasted Red Potatoes
- Asian Stir Fry Cabbage
- Corn O'Brien
- Herb Green Beans
- Potato Salad
- Chicken & Dumpling Soup
- Tomato Basil
- Angus Steak Chili
- Snack Line Special
- Pizza

29-May

LUNCH MENU

- Grilled Pork Chops
- Creole Shrimp
- Creole Baked Chicken
- Wild Rice
- Mashed Potatoes
- Garlic Sauteed Spinach
- Mixed Vegetables
- Garlic Peas
- Macaroni Salad
- Shrimp Gumbo
- Garden Vegetable Soup
- Chicken Chili
- Snack Line Special
- Cheese Fishwich
- Tuna Salad Sandwich

DINNER MENU

- Italian Broccoli Pasta
- Savory Baked Chicken
- Parmesan Fish
- Italian Style Baked Beans
- Oven Browned Potatoes
- Roasted Cauliflower
- Carrots on the Griddle
- Broccoli
- Macaroni Salad
- Shrimp Gumbo
- Garden Vegetable Soup
- Chicken Chili
- Snack Line Special
- Cheese Fishwich
- Tuna Salad Sandwich

30-May

LUNCH MENU

- ☐ Beef Stew
- ☐ Pork Schnitzel
- ☐ Lemon Pepper Catfish
- ☐ Steamed Rice
- ☐ Noodles Jefferson
- ☐ Roasted Corn
- ☐ Herb Green Beans
- ☐ Roasted Brussel Sprouts
- ☐ Carrot Salad
- ☐ Broccoli & Cheese Soup
- ☐ Chicken Noodle Soup
- ☐ Angus Steak Chili
- Snack Line Special
- ☐ R.I.T. Sandwich

DINNER MENU

- ☐ Crispy Baked Chicken
- ☐ Swedish Meat Balls
- ☐ Sweet & Spicy Salmon
- ☐ Baked Sweet Potatoes
- ☐ Red Beans & Rice
- ☐ Southern Collard Greens
- ☐ Broccoli
- ☐ Stewed Tomatoes
- ☐ Carrot Salad
- ☐ Broccoli & Cheese Soup
- ☐ Chicken Noodle Soup
- ☐ Angus Steak Chili
- Snack Line Special
- ☐ R.I.T. Sandwich

31-May

LUNCH MENU

- ☐ Oven Fried Fish
- ☐ Lemon Turkey Pasta
- ☐ Steak Ranchero
- ☐ Cottage Fried Potatoes
- ☐ Steamed Rice
- ☐ Carrots
- ☐ Corn
- ☐ Braised Cabbage
- ☐ Fruit Salad
- ☐ Chicken Tortilla Soup
- ☐ Minestrone Soup
- ☐ Vegan Lentil
- Snack Line Special
- ☐ Italian Sausage

DINNER MENU

- ☐ Roast Beef
- ☐ Chicken Cacciatore
- ☐ Pasta Provencal
- ☐ Dirty Rice
- ☐ Mashed Potatoes
- ☐ Black Eyed Peas
- ☐ Carrots on the Griddle
- ☐ Mixed Vegetables
- ☐ Fruit Salad
- ☐ Chicken Tortilla Soup
- ☐ Minestrone Soup
- ☐ Vegan Lentil
- Snack Line Special
- ☐ Italian Sausage