

DAILY BREAKFAST

DAILY MENU

Oatmeal
Scrambled Eggs
Boiled Eggs
Grits
Creamed Beef
Biscuits
Bacon'
Assorted
Sausage(Changes
Daily)
Assorted Potatoes
(Changes Daily)

GRILL

Scrambled Eggs
Fried Eggs
Omelet
French Toast
Pancakes

GRILL TOPPINGS

Tomatoes
Spinach
Mushrooms
Bell Peppers
Onions
Jalapenos
Shredded Cheese
Shredded Ham

SALAD BAR

LARGE SALAD - 12 OZ | SMALL SALAD - 6 OZ

SALAD TOPPINGS

Romaine Lettuce
Blanched Broccoli
Mushrooms
Sliced Cucumbers
Cherry Tomatoes
Peas
Sliced Black Olives
Tuna Salad
Spinach
Shredded Carrots
Thin Sliced Onions
Sliced Celery
Sliced Hard Boiled Eggs
Shredded Cheese

SPECIALTY BAR

TUESDAY: Taco Bar

WEDNESDAY: Fighter Wing Wednesday

THURSDAY: Pasta Bar

GRILL/SNACK LINE

Grilled Chicken Breast
Hamburger (Single or Double)
Philly Cheese Steak
Cheeseburger (Single or Double)
Grilled Cheese
Grilled Ham & Cheese
Grilled Frankfurters
Corn Dogs
Onion Rings
Chili Con Carne
Pierogis
Assorted Fries (Changes Daily)

Month OF
Jun 2023
452.6767/06565.61.6727
Menu Subject to change based on availability
EAT THESE FOODS...

■ REGULARY ■ SPARINGLY ■ RARELY

JUNE 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 LUNCH	2 LUNCH	3 LUNCH
				Southern Fried Chicken (Red, Moderate)	Chicken Florentine (Green, Low)	Spinach Lasagna (Yellow, High)
				Baked Fish (Yellow, Moderate)	Italian Broccoli Pasta (Yellow, High)	Hot and Spicy Chicken Green, Moderate)
				BBQ Brisket (Yellow, Moderate)	Stuffed Baked Pork Chops (Yellow, Low)	Ziti with Meat Sauce (Yellow, Low)
				DINNER	DINNER	DINNER
				Lemon Pepper Baked Chicken (Yellow, Low)	Greek Lemon Turkey Pasta (Green, Moderate)	Szechwan Beef (Yellow, Moderate)
				Roast Beef (Green, High)	Savory Baked Chicken (Yellow, Moderate)	Baked Stuffed Fish (Yellow, Low)
				Parmesan Crusted Cod (Yellow, Moderate)	Oven Fried Fish (Yellow, Low)	Chicken Bulgogi (Green, High)
4 LUNCH	5 LUNCH	6 LUNCH	7 LUNCH	8 LUNCH	9 LUNCH	10 LUNCH
Broccoli Quiche (Yellow, Low)	Roast Beef (Green, High)	Chicken Kabob (Yellow, Low)	Beef Brogul (Yellow, Low)	Turkey and Spinach Meatloaf (Green, Moderate)	Swiss Steak w/Brown Gravy (Yellow, High)	Grilled Honey Sriracha Chicken (Green, Low)
Shrimp Scampi (Yellow, High)	Chicken Cordon Bleu (Red, High)	Pepper Steak (Green, Moderate)	Pork Schnitzel (Red, Moderate)	Marinated Tomatoes With Penne And Basil (Green, High)	Stuffed Green Peppers w/Turkey and Lentils (Green, High)	Chili Mac (Green, Moderate)
Chicken Parmesan (Red, High)	Pasta Primavera (Yellow, Moderate)	Tuna Noodles (Yellow, High)	Fish Onion-Lemon Baked (Green, Low)	Pineapple BBQ Meatballs (Yellow, Low)	Tuna Noodles (Yellow, High)	Shrimp Chop Suey (Green, High)
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Baked Dijon Pork Chop (Green, Moderate)	Turkey Nuggets (Red, High)	Sweet and Spicy Orange Salmon (Yellow, Moderate)	Almond Crusted Cod (Yellow, Moderate)	BBQ Beef Cubes (Red, High)	Lasagna (Yellow, High)	Cajun Chicken (Green, Moderate)
Chili Mac (Green, Moderate)	Beef and Corn Pie (Green, Moderate)	Cheese Tortellini with Marina (Green, High)	Hamburger Yakisoba (Yellow, Low)	Chicken Enchilada (Yellow, High)	Chicken Cacciatore (Green, Moderate)	Braised Spareribs (Yellow, Moderate)
Lemon Pepper Catfish (Yellow, Low)	Parmesan Cod (Yellow, Moderate)	Steak Rancho (Yellow, Moderate)	Cranberry Glazed Chicken (Green, Moderate)	Baked Florentine Turkey Roulade (Green, Low)	Italian Broccoli Pasta (Yellow, High)	Salisbury Grilled Salmon (Yellow, Moderate)
11 LUNCH	12 LUNCH	13 LUNCH	14 LUNCH	15 LUNCH	16 LUNCH	17 LUNCH
Turkey Ala King (Yellow, High)	Oriental Pepper Steak (Yellow, Moderate)	Basil Baked Fish (Yellow, Moderate)	Spicy Catfish Poboy (Red, Moderate)	Baked Dijon Pork Chop (Green, Moderate)	Roast Turkey (Yellow, Moderate)	Baked Chicken (Green, High)
Country Style Fried Steak (Red)	Chicken Parmesan (Red, High)	Turkey Breast Fillet (Yellow, Low)	Grilled Pork Chops (Yellow, Low)	Spinach Lasagna (Yellow, High)	Cheese Tortellini with Marina (Green, High)	Southwestern Shrimp Linguine (Yellow, High)
Baja Baked Cod (Green, High)	Baked Fish w/Lemon Garlic Butter (Green, Moderate)	Pasta Provençal (Green, High)	Cajun Meatloaf (Yellow, Moderate)	Baked Florentine Turkey Roulade (Green, Low)	Stuffed Green Peppers (Beef) (Yellow, High)	Beef Bulgogi (Green, High)
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Swedish Meatballs (Ground Turkey) (Yellow, High)	Pork Roast Tenderloin (Green, Low)	Baja Fish Taco (Green, High)	Fish Onion-Lemon Baked (Green, Low)	Baked Salmon (Green, Low)	Turkey and Spinach Meatloaf (Green, Moderate)	Honey Ginger Chicken (Green, Low)
Polynesian Fillet (Green, Low)	Tuna Noodles (Yellow, High)	Baked Mexican Chicken (Yellow, High)	Simmered Beef (Yellow, Low)	Pineapple BBQ Meatballs (Yellow, Low)	Savory Baked Chicken QTR (Yellow, Moderate)	Salisbury Steak (Yellow, Moderate)
Steak Smothered in Onions (Yellow, Moderate)	Savory Baked Chicken (Yellow, Moderate)	Taco Lasagna (Yellow, Moderate)	Cajun Chicken (Green, Moderate)	Honey Mustard Chicken Breast (Green, Moderate)	Parmesan Fish (Yellow, Moderate)	Cheese Manicotti (Yellow, High)
18 LUNCH	19 LUNCH	20 LUNCH	21 LUNCH	22 LUNCH	23 LUNCH	24 LUNCH
Teriyaki Steak (Yellow, High)	Cheese Tortellini with Marina (Green, High)	Chili Mac (Green, Moderate)	Shrimp Kabob (Yellow, High)	Honey Mustard Chicken Breast (Green, Moderate)	Polish Sausage (Red, High)	Santa Fe Glazed Chicken (Green, Low)
Lyonnais Rice (Green, Low)	French Fried Shrimp (Red, Low)	Basil Baked Fish (Yellow, Moderate)	Ginger BBQ Chicken (Green, Low)	Ziti with Meat Sauce (Yellow, Low)	Baked Salmon (Green, Low)	Baked Dijon Pork Chop (Green, Moderate)
Cordon Bleu, Chicken (Red, High)	Bourbon Chicken (Yellow, Low)	Teriyaki Chicken (Yellow, High)	Lemon Basil Pasta (Yellow, Moderate)	Baked Fish (Yellow, Moderate)	Hamburger Yakisoba (Yellow, Low)	Beef Ball Stroganoff (Yellow, Moderate)
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Chicken Ala King (Green, Moderate)	Beef Pot Pie (Yellow, High)	Pork Roast Tenderloin (Green, Low)	Marinated Tomatoes With Penne And Basil (Green, High)	Hot and Spicy Chicken (Green, Moderate)	Roast Beef (Green, High)	Salmon w/Maple Ginger Glaze (Yellow, High)
Baked Fish (Yellow, Moderate)	Lemon Baked Fish (Green, Low)	Baja Baked Cod (Green, High)	Southern Fried Catfish (Red, Moderate)	Pasta Toscano (Yellow, High)	Shrimp Scampi (Yellow, High)	Stuffed Green Peppers w/Turkey and Lentils (Green, High)
Pasta Primavera (Yellow, Moderate)	Herbed Baked Chicken (Green, Low)	Pasta Provençal (Green, High)	Sweet Chilli BBQ Meatballs (Yellow, Low)	Cantonese Spareribs (Red)	German Chicken Schnitzel (Yellow, Moderate)	Pasta Primavera (Yellow, Moderate)
25 LUNCH	26 LUNCH	27 LUNCH	28 LUNCH	29 LUNCH	30 LUNCH	
Cheese Tortellini with Marina (Green, High)	Caribbean Catfish (Yellow, Moderate)	Baked Fish (Yellow, Moderate)	Lemon Basil Shrimp Pasta (Yellow, Moderate)	Honey Ginger Chicken (Green, Low)	Chicken Florentine (Green, Low)	
French Fried Shrimp (Red, Low)	Jerk Roast Turkey (Green, Low)	Meat Loaf (Yellow, Moderate)	Mambo Pork Roast (Yellow, Low)	Grilled Salmon w/Citrus Butter (Yellow, High)	Italian Broccoli Pasta (Yellow, High)	
Bourbon Chicken (Yellow, Low)	Stuffed Green Peppers (Beef) (Yellow, High)	Baked Chicken (Green, High)	Grilled Chicken w/ Mustard Sauce (Green, Moderate)	BBQ Brisket (Yellow, Moderate)	Stuffed Baked Pork Chops (Yellow, Low)	
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	
Beef Pot Pie (Yellow, High)	Southwestern Sweet Potatoes Black Beans and Corn (Green, Moderate)	BBQ Beef Cubes (Red, High)	Grilled Steak (Green, Low)	Crispy Oven Baked Chicken (Yellow, Low)	Greek Lemon Turkey Pasta (Green, Moderate)	
Lemon Baked Fish (Green, Low)	Beef Stew (Yellow, Moderate)	Southwestern Fish (Green)	Roast Turkey (Yellow, Moderate)	Roast Beef (Green, High)	Savory Baked Chicken (Yellow, Moderate)	
Herbed Baked Chicken (Green, Low)	Chicken Breast Dijon (Yellow, High)	Beef Fajitas (Green, High)	Mediterranean Salmon (Yellow, Low)	Parmesan Crusted Cod (Yellow, Moderate)	Oven Fried Fish (Yellow, Low)	

Taco Bar on Tuesdays/Wings on Wednesday/Pasta Bar on Thursdays *Menu subject to change