

TCMC CAFETERIA MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
1. NEW YEAR'S DAY! Carved Roast Pork Mashed Potatoes Pork Gravy Whole Green Beans ♥Southwestern Style Chicken <i>(230 calories)</i> Garden wild Rice Chicken Noodle Soup Charbroiled Hamburger Bar	2. Dixie Fried Chicken Mashed Potatoes Country Gravy Whipped Sweet Potatoes California Vegetables Beef Brisket in Beer Beef Gravy ♥Oven Browned Orange Roughy <i>(240 calories)</i> Beef Barley Soup Chicken Breast Bar	3. SURF & TURF Carved Filet Mignon Au Jus Horseradish Roasted Herb Potatoes Fresh Broccoli Tempura Shrimp Dipping Sauce ♥Chicken Scaloppini <i>(245 calories)</i> Split Pea & Ham Soup Barbeque Bar	4. Coffee Marinated Short Ribs Garlic Mashed Potatoes Beef Gravy Fresh Asparagus ♥Greek Chicken + Olives Oregano, Feta <i>(291 calories)</i> Rice Pilaf Chili Lime Tilapia Pizza Mexican Chicken Soup Shrimp Cocktail Bar	5. Chicken Stuffed with Asparagus & Prociuto Chablis Sauce Garden Wild Rice Burgundy Beef Tips w/ Bell Papers Mashed Potatoes Beef Gravy Halibut & Hollandaise Sauce Ham & Lima Beans Soup Oriental Stir Fry Bar	6.♥ Salmon Seattle <i>(185 calories)</i> Rice Pilaf Fresh Zucchini Peachy Pork Tenderloin Mashed Potatoes Pork Gravy ♥Chicken Marsala w/ Sage & Cremini <i>(255 calories)</i> Louisiana Gumbo Chicken Osso Bucco Bar	7. Carved Tri-Tip Mashed Potatoes Beef Gravy Fresh Asparagus Macadamia Halibut Rice Pilaf Pizza Tomato Florentine Soup Taco Chicken Fajita Bar		
8. Marinated Soy Flank Steak Red Skin Mashed Potatoes Beef Gravy ♥Greek Chicken + Olives Oregano, Feta <i>(291 calories)</i> Wild Rice Macaroni & Cheese Chicken Tortilla Soup Charbroiled Hamburger Bar	9. Eye Of Round in Sherry Red Skin Mashed Potatoes Carrot Slims ♥Lemon Chicken <i>(270 calories)</i> Garden Wild Rice ♥Tilapia Stuffed w/ Crab & Mushrooms <i>(270 calories)</i> Churros Chicken Noodle Soup Chicken Breast Bar	10. Oriental Baby Back Ribs ♥Chicken Tangiers <i>(310 calories)</i> Vegetables Egg rolls Sweet -in-sour Sauce Halibut with Sake Soy Sauce Fried Rice Sugar Snap Peas Vegetable Beef Soup Barbeque Bar	11. Beef Stroganoff Rotelle Pasta Fresh Asparagus Airline Chicken California Rice Pilaf Macaroni & Cheese ♥Oven Browned Cod <i>(120 Calories)</i> Pizza Tomato Florentine Soup California Sushi & Shrimp Bar	12. Chicken Enchiladas Shrimp w/ Tequila Adobo Mexican Pot Roast Mashed Potato w/ Gravy Vegetable Enchiladas Spanish Rice Mauri's Frijoles Mixed Vegetables Beef Stew Soup Oriental Stir fry Bar	13. Mauri's Albodigas ♥Salmon w/ Apricot Glaze <i>(230 calories)</i> Wild Rice Fresh Broccoli Pork Chops Marsala Garlic Mashed Potatoes Pork Gravy Clam Chowder Chicken Osso Bucco Bar	14. Spaghetti & Meat or Marinara Sauce Garlic Bread Italian Vegetables Chicken w/ wild mushrooms & Balsamic Cream Sauce Rice Pilaf Split pea & Ham Soup Taco & Chicken Fajita Bar		
15. Baked Meat Loaf Mashed Potatoes Burgundy Mushrooms Sauce Italian Vegetables Chicken Stuffed w/ Zucchini & Cheese Chablis Sauce Garden Wild Rice Chicken Barley Soup Charbroiled Hamburger Bar	16. Martin Luther King Holiday Carved Honey Ham w/ Dijon Sauce Fresh Yams Cut Green Beans Saucy Shrimp & Asparagus ♥Chicken Pinot Noir <i>(205 calories)</i> Parsley Rice Steak & Vegetables Soup Chicken Breast Bar	17. Glazed Corned Beef Potato Medley Steam Cabbage Tequila Lime Chicken Saffron Cilantro Rice California Vegetables ♥Trout & Lime w/ Vinaigrette Salsa Chicken Rice Soup Lentil & Kielbasa Stew Soup Barbeque Bar	18. SURF & TURF Sirloin Tip Steaks w/ Mushrooms & Onion Scalloped Potatoes Crab Cakes w/ Red Pepper Aioli Wild Rice ♥Almond Crusted Chicken Pizza Mauri's Menuudo Shrimp Cocktail Bar	19. Homemade Lasagna w/ Meat Sauce Garlic Bread Fresh Broccoli ♥Chicken Spinach <i>(205 calories)</i> ♥Oven Browned Red Snapper <i>(250 calories)</i> Mushrooms & Wild Rice Soup Oriental Stir fry Bar	20. ♥Salmon Tango <i>(345 calories)</i> Garden Wild Rice Whole Green Bean Texas Oven Roasted Beef Brisket Garlic Mashed Potatoes ♥Mustard & Thyme Grilled Chicken <i>(190 calories)</i> Soft Pretzels Minestrone Soup Chicken Osso Bucco Bar	21. Three Piece Honey Stung Fried Chicken Whipped sweet Potatoes Mash Potatoes Country Gravy Mixed Vegetables ♥Salmon & Cucumber w/ Dill Sauce <i>(175 calories)</i> Wild Rice Vegetables Chicken Soup Taco & Chicken Fajita Bar		
22. SURF & TURF Carved Filet Mignon Au Jus Horseradish Roasted Herb Potatoes Fresh Asparagus Tempura Shrimp w/ Dipping Sauce Rice Pilaf Beef Barley Soup Charbroiled Hamburger Bar	23. ♥ Roast Turkey & Gravy <i>(240 calories)</i> Mashed Potatoes Bread Dressing Carrot Slims Peas Cheese Manicotti Meat Marinara sauce Parmesan Crusted Tilapia Chicken Lentil Soup Chicken Breast Bar	24. Guinness Tri-Tip Red Skin Mashed Potato Beef Gravy Fresh Zucchini Ranch Style Chicken Rice Pilaf ♥Spicy Cornmeal Cod <i>(150 calories)</i> Turkey Noodle Soup Barbeque Bar	25. ♥ Salmon Provençal <i>(230 calories)</i> Wild Rice Fresh Broccoli Pear Balsamic Flank Steak Red Skin Mashed Potatoes Chicken Stuffed w/ Pesto Chablis Pizza Chicken Tortilla Soup California & Shrimp Sushi Bar	26. SURF & TURF Carved Prime Rib w/ Au Jus Horseradish Twice Bake Potato Fresh Asparagus Shrimp Scampi Garden Wild Rice ♥Costa Rican Chicken <i>(170 calories)</i> Chicken Broccoli Soup Oriental Bar	27. Macadamia Halibut Rice pilaf California Vegetables ♥Roasted Garlic Pork Tenderloin <i>(275 calories)</i> Mashed Potatoes & Gravy ♥White Zinfandel Chicken <i>(170 calories)</i> Mauri's Posole Chicken Osso Bucco Bar	28. Swedish Meat balls Red Skin mashed Potatoes Beef Gravy Whole Green Beans ♥Lemon Chicken Breast <i>(270 calories)</i> Rice Pilaf Minestrone Soup Taco Chicken Fajita Bar		
29. Baby Back Ribs & Peach Glaze Au Gratin Potatoes Fresh Broccoli Ranch Style Airline Chicken Breast Garden Wild Rice Pizza Hamburger Bar	30. Carved Roast Pork Mashed Potatoes Whole Green Bean ♥Crispy Oven Fried Chicken Breast <i>(295 calories)</i> Wild Rice ♥Cajun Style Trout Jalapeno Pretzel Cream of Asparagus & Chicken Soup Chicken Breast Bar	31. Spaghetti & Meat or Marinara Sauce Chicken Alfredo Sauce Garlic Bread Italian Vegetables Chicken Pomodoro Rice Pilaf ♥Oven Browned Sea Bass <i>(240 calories)</i> Chicken Barley Soup Barbeque Bar	Hot Cuisine Hours Lunch 11:00 am – 2:15 pm Dinner 4:30 pm – 6:15 pm		♥♥♥ HEART HEALTHY SPECIALS WITH CALORIE COUNTS ♥♥♥		Happy New Year! 2012	NEW! Try Our California & Shrimp Sushi Bar January 11 & 25

JANUARY 2012