

Cafeteria Menu July 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>31 Beef Stroganoff Bow Tie Pasta Whole Green Beans Tequila Lime Chicken Saffron Cilantro Rice Wisconsin Cheddar Soup Chili & Cornbread Bar</p>	<p>♥♥♥ Heart Healthy Specials</p>		<p><u>Cafeteria Hours</u> <u>Breakfast</u> 6:00am – 10:00am</p> <p><u>Lunch & Dinner</u> 11:00am – 6:30pm</p> <p><u>Night Shift</u> 6:30pm – 1:30am</p>	<p>July 14</p> <p>Monthly Recipe Highlight</p> <p><u>Arroz Con Pollo</u></p> <p>By Isabel Escalle</p>	<p>1 ♥Salmon Seattle Wild Rice California Vegetables ♥Pork Tenderloin with Lemon, Thyme, & Garlic Mashed Potatoes & Gravy ♥Chicken Parmesan Beef Barley Soup Taco & Chicken Fajita Bar</p>	<p>2 Carved Pork Roast Mashed Potatoes & Gravy ♥Oven Browned Cod Rice Pilaf Chicken Lentil Soup Oriental Bar</p>
<p>3 Carved Tri Tip Beef Red Skin Mashed Potatoes Carrot Slims/Beef Gravy Peas ♥Lemon Herb Chicken Garden Wild Rice Mexican Chicken Soup Chili & Cornbread Bar</p>	<p>4 <u>Independence Day</u> Dixie Fried Chicken Mashed Potatoes & Gravy Mixed Vegetables Marinated Skirt Steak Au Gratin Potatoes Ham & Lima Bean Soup Barbeque Bar</p>	<p>5 Oriental Baby Back Ribs ♥Teriyaki Tilapia ♥Honey Glazed Soy Chicken Veggie Egg Rolls Fried Rice Oriental Vegetables Split Pea & Ham Soup Chicken Breast Bar</p>	<p>6 Coffee Marinated Beef Short Ribs Red Skin Mashed Potatoes & Gravy Whole Green Beans/Peas Tequila Lime Chicken Saffron Cilantro Rice/Pizza ♥Trout with Wild Mushrooms Chicken Rice Soup Shrimp Cocktail Bar</p>	<p>7 <u>Surf & Turf Special</u> Carved Filet Mignon Roasted Herb Potatoes Fresh Broccoli Shrimp with Avocado Vinaigrette ♥Chicken Tequila Adobo Corn on the Cob Sausage Lentil Soup Hamburger Bar</p>	<p>8 ♥Salmon with Maple Glaze & Pineapple Salsa Rice Pilaf Fresh Zucchini ♥Beef Brisket with Pearl Onions & Carrots Mauri's Albondigas ♥Safari Chicken Clam Chowder Taco & Chicken Fajita Bar</p>	<p>9 Swedish Meatballs Mashed Potatoes & Gravy California Vegetables ♥Chicken with Spinach & Feta Cheese Jasmine Rice Pizza Chicken Tortilla Soup Oriental Bar</p>
<p>10 Spaghetti with Meat or Marinara Sauce Garlic Bread Italian Vegetables Ranch Chicken Wild Rice Chicken Noodle Soup Chili & Cornbread Bar</p>	<p>11 Carved Honey Ham Fresh Yams Fresh Broccoli ♥Greek Chicken with Feta, Olives, & Onion Jasmine Rice ♥Oven Browned Cod Tomato Florentine Soup Barbeque Bar</p>	<p>12 Carved Top Round Beef Mashed Potatoes & Gravy Cut Green Beans ♥Lemon Herb Chicken Garden Wild Rice ♥Chipotle Lime Tilapia Corn Vegetables Beef Soup Chicken Breast Bar</p>	<p>13 ♥Salmon with Cucumber Dill Sauce Rice Pilaf/Fresh Asparagus Marsala Pork Chops Mashed Potatoes & Gravy ♥Chicken with Marinara & Mozzarella Pizza Pork Barley Soup Shrimp Cocktail Bar</p>	<p>14 Pork Carnitas <u>Monthly Recipe Highlight</u> <u>Arroz Con Pollo</u> by Isabel Escalle Shrimp a La Mexicana Chicken Taquitos Spanish Rice/Refried Beans Carrot Slims/Corn on the Cob Chicken Noodle Soup Hamburger Bar</p>	<p>15 Macadamia Barramundi Fish Wild Rice California Vegetables Beef Tips with Bell Peppers & Mushrooms Mashed Potatoes & Gravy ♥Santa Fe Chicken & Chili Mauri's Posole Taco & Chicken Fajita Bar</p>	<p>16 <u>Surf & Turf Special</u> Carved Filet Mignon Twice Baked Potato Fresh Asparagus Crab Cakes with Red Pepper Aioli Wild Rice Corn Chowder Oriental Bar</p>
<p>17 Beef Short Ribs with Mushroom & Onion Red Skin Mashed Potatoes with Beef Gravy Fresh Broccoli ♥Greek Chicken with Feta, Olives, & Onions Jasmine Rice Beef Barley Soup Chili & Cornbread Bar</p>	<p>18 ♥Roast Turkey Bread Dressing Mashed Potatoes & Gravy Whole Green Beans/Corn Cheese Manicotti with Marinara Sauce Garlic Bread ♥Oven Browned Orange Roughy Chicken Tortilla Soup Barbeque Bar</p>	<p>19 <u>Surf & Turf Special</u> Rib Eye Cab Steaks with Mushroom & Onion Twice Baked Potato Fresh Asparagus Fried Shrimp Platter Rice Pilaf ♥Chicken Tangiers Lentil & Kielbasa Stew Chicken Breast Bar</p>	<p>20 Homemade Lasagna with Meat or Marinara Sauce Garlic Bread Italian Green Beans ♥Garlic Fried Chicken Breast Garden Wild Rice ♥Parmesan Crusted Tilapia Pizza Chicken Vegetable Soup Shrimp Cocktail Bar</p>	<p>21 Carved Tri Tip Beef Red Skin Mashed Potatoes & Beef Gravy Carrot Slims/Peas Chicken California Jasmine Rice ♥Spicy Cornmeal Cod Corn on the Cob Minestrone Soup Hamburger Bar</p>	<p>22 ♥Salmon Tango Rice Pilaf Fresh Broccoli Chipotle Short Ribs Mashed Potatoes & Gravy ♥Chicken Breast Dijon Peas Chicken Barley Soup Taco & Chicken Fajita Bar</p>	<p>23 Buttermilk Baked Chicken Mashed Potatoes & Country Gravy Cut Green Beans Parmesan Crusted Tilapia Wild Rice Homemade Mac & Cheese Chicken Vegetable Soup Oriental Bar</p>
<p>24 ♥Salmon with Cucumber Dill Sauce Rice Pilaf California Vegetables 3 Piece Honeystung Fried Chicken Mashed Potatoes & Gravy Pizza Chicken Rice Soup Chili & Cornbread Bar</p>	<p>25 Glazed Corned Beef Red Herb Potatoes Steamed Cabbage ♥Chicken with Spinach & Feta Jasmine Rice ♥Oven Browned Barramundi Fish Mixed Vegetables Mediterranean Vegetarian Soup Barbeque Bar</p>	<p>26 Spaghetti with Meat or Marinara Sauce Garlic Bread Italian Vegetables ♥Chicken Cacciatore Rice Pilaf ♥Halibut with Caper Hollandaise Sauce Picadillo Beef Soup Chicken Breast Bar</p>	<p>27 Baked Meatloaf Red Skin Mashed Potatoes with Mushroom Beef Gravy Fresh Broccoli Fire Braised Chicken Thigh Meat Au Gratin Potatoes ♥Oven Browned Tilapia Wild Rice Pizza Turkey Rice Soup Shrimp Cocktail Bar</p>	<p>28 <u>Surf & Turf Special</u> Carved Prime Rib Fingerling Potatoes Fresh Asparagus Crab Cakes with Red Pepper Garden Wild Rice ♥Vegetarian Linguine Primavera Corn on the Cob Mexican Chicken Soup Hamburger Bar</p>	<p>29 ♥Salmon with Mango Papaya Salsa Rice Pilaf Whole Green Beans Pork Chops with Portabelllo Mushrooms Mashed Potatoes & Gravy ♥Chicken Moroccan Beef Stew Taco & Chicken Fajita Bar</p>	<p>30 Huli Huli St. Louis Pork Ribs Scalloped Potatoes Fresh Asparagus ♥Southwestern Style Chicken Rice Pilaf Chicken Lentil Soup Oriental Bar</p>