

November 2016 — Cafeteria Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Thanksgiving Day</u></p> <p>Free Turkey Meal With The Trimmings</p> <p>For Employees Working November 24</p> <p>Visitors Welcome - \$6.75</p>	<p><u>November 15</u></p> <p><u>National Healthy</u></p> <p><u>Lunch Day</u></p> <p>♥</p> <p>Heart Healthy Entrees</p> <p>♥</p>	<p>1.</p> <p>Coffee Marinated Short Ribs Red Skin Mashed Potatoes Whole Green Beans Tortilla Lime Chicken Saffron Cilantro Rice ♥Trout w/ Wild Mushrooms Corn Split Pea & Ham Soup Chicken Osso Bucco Bar</p>	<p>2.</p> <p>Pasta Neptune - Shrimp, Crab, Sea Scallops Fresh Broccoli / Jasmine Rice ♥Beef Brisket w/ Pearl Onions & Carrots Mashed Potatoes & Beef Gravy ♥Chicken Breast Dijon Pizza Beef Barley Soup Shrimp Cocktail Bar</p>	<p>3.</p> <p><u>Mix Or Match Soft Tacos Special</u> Beef, Chicken, Tilapia Fish Spanish Rice Mauri's Frijoles ♥Chicken w/ Chipolte Adobo Mixed veggies Chicken Rice Soup Chili & Corn Bread Bar</p>	<p>4.</p> <p>♥Salmon Seattle Rice Pilaf Fresh Asparagus Pork Chops w/ Portabello Mushrooms Mashed Potatoes Pork Gravy ♥Turkey Breast Forester Sausage Lentil Soup Taco, Chicken, Fajita Bar</p>	<p>5.</p> <p><u>Surf & Turf Special</u> Carved Prime Rib Au Jus Horseradish Roasted Herb Potatoes Fresh Asparagus Tempura Shrimp Dipping Sauce Jasmine Rice Chicken Tortilla Soup Hot Dog & Chicken Brat Bar</p>
<p>6.</p> <p>Swedish Meatballs Mashed Potatoes & Beef Gravy Carrot Slims Peas ♥Chicken w/ Spinach & Feta Jasmine Rice Pizza Beef & Vegetable Soup Oriental Bar</p>	<p>7.</p> <p>Dixie Fried ½ Chicken Mashed Potatoes & Country Gravy Cut Green Beans Cheese Manicotti Marinara Garlic Bread ♥Oven Browned Orange Roughy Wild Rice / Corn Tomato Florentine Soup Chicken Breast Bar</p>	<p>8.</p> <p>Oriental Baby Back Ribs ♥Sesame Walnut Chicken ♥Teriyaki Tilapia Vegetable Egg Rolls Sweet & Sour Sauce Fried Rice Sugar Snap Peas Ham & Lima Bean Soup Chicken Osso Bucco Bar</p>	<p>9.</p> <p>Carved Honey Ham Dijon Sauce Fresh Yams California Vegetables ♥Greek Style Chicken Garden Wild Rice ♥Spicy Cornmeal Cod Pizza Pork & Barley Soup Shrimp Cocktail Bar</p>	<p>10.</p> <p>Marinated Skirt Steak Scalloped Potatoes Fresh Asparagus Chicken California Supreme Sauce Rice Pilaf Peas ♥Oven Browned Tilapia Chicken Noddle Soup Chili & Corn Bread Bar</p>	<p>11.</p> <p><u>VETERAN'S DAY</u> Surf & Turf Special Carved Filet Mignon Au Jus / Horse Radish Roasted Herb Potatoes / Broccoli Fried Shrimp Platter / Wild Rice ♥Chicken Tangiers Chicken Lentil Soup Taco & Chicken Fajita Bar</p>	<p>12.</p> <p>Carved Pork Roast Mashed Potatoes Pork Gravy Whole Green Beans ♥Oven Browned Orange Roughy Wild Rice Chicken Vegetable Soup Hot Dog & Chicken Brat Bar</p>
<p>13.</p> <p>Carved Tri-Tip Beef Red Skin Mashed Potatoes Beef Gravy Fresh Broccoli ♥Lemon Herb Chicken Rice Pilaf Chicken Noodle Soup Oriental Bar</p>	<p>14.</p> <p>Glazed Corned Beef Roasted Red Potatoes Steam Cabbage ♥Chicken w/ Spinach & Feta Wild Rice ♥Parmesan Crusted Tilapia Cut Green Beans Mauri's Posole Chicken Breast Bar</p>	<p>15.</p> <p><u>NATIONAL HEALTHY LUNCH DAY</u> ♥Salmon w/ Cucumber Dill Sauce Rice Pilaf / Fresh Asparagus ♥Pork Tenderloin w/ Lemon, Thyme, Garlic Fingerling Sweet Potatoes ♥Lemon Herb Chicken Breast Vegetable Beef Soup Chicken Osso Bucco Bar</p>	<p>16.</p> <p>Homemade Lasagna Meat Sauce / Garlic Bread Italian Vegetables ♥Garlic Baked Chicken Breast Garden Wild Rice ♥Oven Browned Cod Pizza / Peas Lentil & Kielbasa Stew Shrimp Cocktail Bar</p>	<p>17.</p> <p><u>Surf & Turf Special</u> Rib Eye Cab Steaks Mushroom Onion Twice Baked Potatoes Fresh Broccoli / Rice Pilaf Crab Cakes / Red Pepper Aoli ♥Jamaican Jerk Chicken Minestrone Soup Chili & Cornbread Bar</p>	<p>18.</p> <p>♥Salmon w/ Maple Glaze & Pineapple Salsa Wild Rice Fresh Zucchini Mauri's Albondigas Mexican Oven Baked Chicken Mashed Potatoes / Country Gravy ♥Vegetarian Linguine Primavera Clam Chowder Soup Taco & Chicken Fajita Bar</p>	<p>19.</p> <p>Huli-Huli Baby Back Ribs Scalloped Potatoes California Vegetables ♥Southwestern Chicken Breast Rice Pilaf Pizza Corn Chowder Hot Dog & Chicken Brat Bar</p>
<p>20.</p> <p>Spaghetti w/ Meat Or Marinara Sauce Garlic Bread Italian Vegetables Ranch Chicken Wild Rice Beef Barley Soup Oriental Bar</p>	<p>21.</p> <p>Baked Meat Loaf Mashed Potatoes & Beef Gravy Whole Green beans Fired Braised Chicken Thigh Meat Country Gravy ♥Oven Browned Red Snapper Chicken & Vegetable Soup Chicken Breast Bar</p>	<p>22.</p> <p>3 Piece Honey Stung Chicken Mashed Potatoes & Country Gravy Carrot Slims / Peas Chipotle Beef Short Ribs Au Gratin Potatoes ♥Cajun Style Trout Chicken Tortilla Soup Chicken Osso Bucco Bar</p>	<p>23.</p> <p>Carved Tri-Tip Beef Red Skin Mashed Potatoes Beef Gravy / Fresh Broccoli Chicken w/ Marinara & Mozarella ♥Oven Browned Sea Bass Bow Tie Pasta / Pizza Mediterranean Vegetarian Soup Shrimp Cocktail Bar</p>	<p>24.</p> <p><u>THANKSGIVING DAY</u> Free Turkey Meal For TCMC Employees Working Visitors Welcome-\$6.75 Roasted Turkey & Gravy Mashed Potatoes / Bread Dressing California Veggies / Fresh Cranberry Dinner Roll, Tossed Salad, Fruit, Macaroni Salad, Pumpkin Pie</p>	<p>25.</p> <p>Macademia Halibut Garden Wild Rice Mixed Veggies ♥Roasted Garlic Pork Tenderloin Mashed Potatoes Pork gravy Chicken Barley Soup Taco & Chicken Fajita Bar</p>	<p>26.</p> <p>Buttermilk Baked ½ Chicken Mashed Potatoes Country Gravy Mixed Veggies ♥Salmon & Cucumber Dill Sauce Rice Pilaf Chicken Lentil Soup Hot Dog & Chicken Brat Bar</p>
<p>27.</p> <p>Beef Short Ribs w/ Mushrooms & Onions Red Skin Mashed Potatoes Fresh Asparagus ♥Greek Chicken w/ Feta, Olives, Onions Garden Wild Rice Chicken Rice Soup Oriental Bar</p>	<p>28.</p> <p>Stuffed Cornish Game Hens Orange Sauce Garden Wild Rice Fresh Broccoli / Corn Beef Tips w/ Bell Pepper Mashed Potatoes / Beef Gravy ♥Oven Browned Tilapia Mexican Chicken Soup Chicken Breast Bar</p>	<p>29.</p> <p><u>SURF & TURF SPECIAL</u> Carved Prime Rib Au Jus / Horse Radish Fingerling Potatoes Fresh Asparagus Shrimp w/ Avocado Vinaigrette ♥Safari Chicken Picadillo Beef Soup Chicken Osso Bucco Bar</p>	<p>30.</p> <p>Spaghetti w/ Meat Sauce, Alfredo Or Marinara Sauce / Garlic Bread Italian Vegetables ♥Chicken Cacciatore ♥Chipolte Lime Tilapia Jasmine Rice Pizza Turkey Noddle Soup Shrimp Cocktail Bar</p>		<p><u>Cafeteria Hours</u></p> <p><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 – 1:30 am</p>	

