

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
<p>♥♥♥ Heart Healthy Specials</p>	<p>Cafeteria Hours</p> <p><u>Breakfast</u> 6:00am – 10:00am</p> <p><u>Lunch &amp; Dinner</u> 11:00am – 6:30pm</p> <p><u>Night Shift</u> 6:30pm – 1:30am</p>			<p>Coffee Beef Short Ribs Red Skin Mashed Potatoes with Beef Gravy Whole Green Beans Tequila Lime Chicken Saffron Cilantro Rice ♥Trout with wild Mushrooms Split Pea &amp; Ham Soup Chicken Breast Bar</p>	<p>♥Salmon with Maple Glaze &amp; Pineapple Salsa Rice Pilaf Fresh Broccoli ♥Pork Tenderloin with Lemon, Thyme, &amp; Garlic Mashed Potatoes with Pork Gravy ♥Chicken with Tequila Adobo Beef Barley Soup</p>	<p>Swedish Meatballs Mashed Potatoes with Beef Gravy Whole Green Beans ♥Chicken with Spinach &amp; Feta Jasmine Rice Chicken Tortilla Soup Barbeque Bar</p>
4	5	6	7	8	9	10
<p>Carved Pork Roast Mashed Potatoes with Pork Gravy California Vegetables ♥Oven Browned Orange Roughy Rice Pilaf Beef &amp; Vegetable Soup Hamburger Bar</p>	<p><u>LABOR DAY</u> Dixie Fried Chicken Mashed Potatoes &amp; Country Gravy Cut Green Beans ♥Oven Browned Cod Garden Wild Rice Ham &amp; Lima Bean Soup Taco &amp; Chicken Fajita Bar</p>	<p><u>SURF &amp; TURF SPECIAL</u> Carved Filet Mignon Fingerling Potatoes Fresh Asparagus Fried Shrimp Wild Rice ♥Safari Chicken Chicken Rice Soup Chicken Wing Bar</p>	<p>Oriental Baby Back Ribs ♥Teriyaki Tilapia ♥Sesame Walnut Chicken Vegetable Egg Rolls Fried Rice Oriental Vegetables Pizza Sausage Lentil Soup Shrimp Cocktail Bar</p>	<p>Marinated Skirt Steak Scalloped Potatoes Fresh Broccoli Chicken California Rice Pilaf ♥Spicy Cornmeal Cod Tomato Florentine Soup Chicken Breast Bar</p>	<p>♥Salmon with Cucumber Dill Sauce Garden Wild Rice Fresh Zucchini Mauri's Albondigas Soup Pork Chops with Portabellas Mashed Potatoes with Pork Gravy ♥Sante Fe Chicken &amp; Chili</p>	<p>Carved Tri Tip Beef Red Skin Mashed Potatoes with Beef Gravy Mixed Vegetables ♥Lemon Herb Chicken Rice Pilaf Pizza Chicken Vegetable Soup Barbeque Bar</p>
11	12	13	14	15	16	17
<p><u>SURF &amp; TURF SPECIAL</u> Carved Prime Rib Twice Baked Potato Fresh Broccoli Tempura Shrimp Wild Rice Chicken Noodle Soup Hamburger Bar</p>	<p>Carved Honey Ham Fresh Yams Whole Green Beans ♥Greek Chicken with Feta, Onions, &amp; Kalamata Olives Garden Wild Rice ♥Oven Browned Orange Roughy Vegetable Beef Soup Taco &amp; Chicken Fajita Bar</p>	<p>Glazed Corned Beef Roasted Red Potatoes Steamed Cabbage ♥Chicken with Spinach &amp; Feta Rice Pilaf Cajun Shrimp &amp; Chicken Jambalaya Pork Barley Soup Chicken Wing Bar</p>	<p>Homemade Lasagna with Meat Sauce Garlic Bread Italian Green Beans ♥Garlic Baked Chicken Breast Wild Rice Parmesan Crusted Tilapia Pizza Chicken Noodle Soup Shrimp Cocktail Bar</p>	<p><u>NEW! Taco Salad Bowl-Chicken, Beef, or Tilapia</u> Chipotle Ranch Dressing Spanish Rice Refried Beans ♥Jamaican Jerk Chicken Mixed Vegetables Lentil Kielbasa Stew Chicken Breast Bar</p>	<p>♥Salmon Tango Jasmine Rice California Vegetables ♥Beef Brisket with Pearl Onions &amp; Carrots Mashed Potatoes &amp; Beef Gravy ♥Chicken Tangiers Mauri's Posole Carolina Pulled Pork Bar</p>	<p>Spaghetti with Meat or Marinara Sauce Garlic Bread Italian Vegetables Ranch Chicken Rice Pilaf Corn Chowder Barbeque Bar</p>
18	19	20	21	22	23	24
<p>Baby Back Ribs with Jalapeno Peach Glaze Scalloped Potatoes Fresh Asparagus ♥Southwestern Chicken Wild Rice Pizza Beef Barley Soup Hamburger Bar</p>	<p><u>SURF &amp; TURF SPECIAL</u> Rib Eye Cab Steaks with Mushroom &amp; Onion Twice Baked Potato Fresh Broccoli/Rice Pilaf Crab Cakes with Red Pepper Aioli ♥Chicken Breast Dijon Chicken Vegetable Soup Taco &amp; Chicken Fajita Bar</p>	<p>Carved Tri Tip Beef Red Skin Mashed Potatoes with Beef Gravy Carrot Slims/Peas Chicken with Marinara &amp; Mozzarella Cheese ♥Oven Browned Sea Bass Chicken Tortilla Soup Chicken Wing Bar</p>	<p>♥Salmon Seattle Wild Rice Fresh Asparagus Beef Tips with Bell Peppers &amp; Mushrooms Mashed Potatoes &amp; Beef Gravy Vegetarian Linguine Primavera Pizza/Minestrone Soup Shrimp Cocktail Bar</p>	<p>Roast Turkey Bread Dressing Mashed Potatoes with Turkey Gravy California Vegetables Swedish Meatballs Jasmine Rice ♥Cajun Style Trout Chicken Barley Soup</p>	<p>Macadamia Barramundi Fish Rice Pilaf Whole Green Beans ♥Roasted Garlic Pork Tenderloin Mashed Potatoes &amp; Pork Gravy Chicken with Chipotle Cream Sauce Corn Chowder Carolina Pulled Pork bar</p>	<p>Beef Short Ribs with Mushroom &amp; Onion Red Skin Mashed Potatoes &amp; Beef Gravy Fresh Broccoli ♥Greek Chicken with Feta, Olives, &amp; Oregano Garden Wild Rice Chicken Lentil Soup Barbeque Bar</p>
25	26	27	28	29	30	
<p>Buttermilk Baked ½ Chicken Mashed Potatoes &amp; Country Gravy Carrot Slims Peas ♥Salmon &amp; Cucumber Dill Sauce Rice Pilaf Chicken Rice Soup Hamburger Bar</p>	<p>Baked Meatloaf Mashed Potatoes &amp; Beef Gravy California Vegetables ♥Lemon Herb Chicken Rice Pilaf Chipotle Lime Tilapia Mediterranean Vegetarian Soup Taco &amp; Chicken Fajita Bar</p>	<p>Huli Huli Fire Braised St. Louis Ribs Potato Medley Fresh Broccoli Fire Braised Chicken Thigh Meat Mashed Potatoes &amp; Country Gravy ♥Oven Browned Red Snapper Jasmine Rice</p>	<p>Spaghetti with Meat or Marinara Sauce/Garlic Bread Italian Vegetables ♥Chicken Cacciatore Wild Rice ♥Barramundi Fish with Caper Hollandaise Sauce Mexican Chicken Soup Shrimp Cocktail Bar</p>	<p><u>SURF &amp; TURF SPECIAL</u> Carved Prime Rib Roasted Herb Potatoes Fresh Asparagus Shrimp with Avocado Vinaigrette Garden Wild Rice ♥Turkey Breast Forester Beef Stew Chicken Breast Bar</p>	<p>♥Salmon Provencal Rice Pilaf Mixed Vegetables Chipotle Pork Chops Mashed Potatoes &amp; Pork Gravy ♥Southwestern Chicken Picadillo Beef Soup Carolina Pulled Pork Bar</p>	<p><b>Monthly Recipe Highlight</b></p> <p><b>Sept 16 On The Grill</b> <b>Fried Rice</b> By <b>Linda Forton</b></p>

