

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
<p><b>Wellness Meal</b></p> <p>Grilled Chicken Sandwich Or Fused Burger w/ Lettuce &amp; Tomato, Salad w/ Balsamic Vinegar, Fresh Fruit &amp; 1% Milk</p>	<p><b>Cafeteria Hours</b></p> <p>Breakfast 6:00am – 10:00am</p> <p>Lunch &amp; Dinner 11:00 am – 6:30pm</p> <p>Night Shift 6:30pm – 1:30 am</p>	<p>♥♥♥</p> <p>Heart Healthy Entrees</p>			<p>Salmon Chipotle w/ Cream Sauce Jasmine Rice Cut Green Beans</p> <p>♥Italian Style Pork Tenderloin Mashed Potatoes Pork Gravy</p> <p>♥Chicken w/ Mushrooms &amp; Balsamic Vinegar Split Pea &amp; Ham Soup Taco, Chicken Fajita Bar</p>	<p>Beef Stroganoff Rotelle Pasta Whole Green Beans</p> <p>♥Chicken w/ Marinara &amp; Mozzarella Rice Pilaf Veggie Chicken Soup Hamburger Bar</p>
3	4	5	6	7	8	9
<p>3 Piece Fried Chicken Mashed Potatoes Country Gravy Cut Green Beans</p> <p>♥Salmon Seattle Rice Pilaf Chicken Tortilla Soup Chicken Breast Bar</p>	<p>Butter Milk Baked Half Chicken Mashed Potatoes/Country Gravy Mixed Veggies Cheese Stuffed Shells Marinara / Garlic Bread</p> <p>♥Oven Browned Orange Roughy Tomato Florentine Soup Italian Pasta Bar</p>	<p>Thai Pasta &amp; Shrimp Vegetable Thai Pasta</p> <p>♥Chicken Teriyaki w/ Pineapple Oriental Skirt Steak Veggie Egg Roll &amp; Sweet Sour Fried Rice Oriental Veggies Steak &amp; Vegetable Soup Chicken Wing Bar</p>	<p><b>Surf &amp; Turf Special</b></p> <p>Carved Filet Mignon Roasted Herb Potatoes Fresh Broccoli / Wild Rice Scallops w/ Champagne Sauce &amp; Shitakes</p> <p>♥Chicken w/ Olive Oil Pizza Italian Sausage Soup Shrimp &amp; Cocktail Bar</p>	<p>Chicken Cordon Bleu w/ White Supreme Sauce Rice Pilaf Organic California Veggies Masala Pork Chops w/ Mushrooms Mashed Potatoes Pork Gravy</p> <p>♥Lemon Herb Trout Picadillo Beef Soup Chili &amp; Corn Bread Bar</p>	<p>♥Salmon w/ Apricot Glaze Garden Wild Rice Fresh Zucchini Maury's Albondigas</p> <p>♥Chicken Masala &amp; Sage Cremini's Macaroni &amp; Cheese Clam Chowder Soup Taco &amp; Chicken Fajita Bar</p>	<p>Spaghetti &amp; Meat Or Marinara Sauce Garlic Bread Italian Veggies</p> <p>♥Greek Style Chicken Wild Rice Mexican Chicken Soup Hamburger Bar</p>
10	11	12	13	14	15	16
<p>Oriental Baby Back Ribs Chicken Royale Veggie Egg Rolls Sweet Sour Sauce Fried Rice Oriental Veggies Chicken Rice Soup Chicken Breast Bar</p>	<p>Beef Short Ribs w/ Mushrooms &amp; Onion Red Skin Mashed Potatoes Carrot Slims Ranch Chicken Garden Wild Rice</p> <p>♥Spicy Cornmeal Cod Ham &amp; Lima Bean Soup Italian Pasta Bar</p>	<p><b>Surf &amp; Turf Special</b></p> <p>Angus Rib Eye Steaks w/ Mushrooms &amp; Onions Scalloped Potatoes Fresh Asparagus / Jasmine Rice Tempura Shrimp &amp; Dipping Sauce</p> <p>♥Mustard &amp; Thyme Grilled Chicken Louisiana Gumbo Chicken Wing Bar</p>	<p>Huli-Huli St. Louis Smoked Ribs Au Gratin Potatoes Whole Green Beans Chicken California &amp; Supreme Sauce</p> <p>♥Oven Browned Red Snapper Rice Pilaf / Pizza Minestrone Soup Shrimp Cocktail Bar</p>	<p>Chicken Enchiladas Suizas Tamales w/ Chili Chile Rellenos Chicken Taquitos Spanish Rice / Frijoles Mixed Veggies Pork Barley Soup Chili &amp; Corn Bread Bar</p>	<p>♥Salmon Seattle Rice Pilaf / Fresh Broccoli</p> <p>♥Chipotle Pork Tenderloin Mashed Potatoes Pork Gravy</p> <p>♥Chicken w/ chipotle Adobo Lentil Kielbasa Stew Taco &amp; Chicken Fajita Bar</p>	<p>Carved Honey Ham Dijon Sauce Au Gratin Potatoes Cut Green Beans</p> <p>♥Lemon Herb Chicken Garden Wild Rice Steak &amp; Veggie Soup Hamburger Bar</p>
17	18	19	20	21	22	23
<p><b>Father's Day</b></p> <p><b>Surf &amp; Turf Special</b></p> <p>Carved Filet Mignon Au Jus / Horseradish Scalloped Potatoes / Asparagus Crab Cakes &amp; Red Pepper Aioli Rice Pilaf Chicken Barley Soup Chicken Breast Bar</p>	<p>Carved Pork Roast Mashed Potatoes Pork Gravy Fresh Asparagus</p> <p>♥Lemon Herb Chicken Breast Wild Rice</p> <p>♥Trout Almondine Chicken Rice Soup Italian Pasta Bar</p>	<p>Carved Tri Tip Beef Mashed Potatoes / Beef Gravy Organic California Veggies New... Vegetarian Egg Plant Parmesan Marinara &amp; Garlic Bread</p> <p>♥White Zinfandel Chicken Beef Barley Soup Chicken Wing Bar</p>	<p>♥Salmon &amp; Fettuccine Alfredo Fresh Broccoli</p> <p>♥Beef Brisket w/ Pear Onions &amp; Carrots Mashed Potatoes / Beef Gravy</p> <p>♥Chicken Veracruz Pizza Sausage &amp; Lentil Soup Shrimp Cocktail Bar</p>	<p><b>The Carving Station</b></p> <p>Marinated Skirt Steak, Glazed Corned Beef, Honey Ham, Turkey Whole Wheat Ciabatta, Kaiser Pickle Spear &amp; Potato Medley</p> <p>♥Tilapia w/ Spinach &amp; Cheese Jasmine Rice / Zucchini Turkey Rice Soup Chili &amp; Corn Bread Bar</p>	<p>Halibut w/ Pine Nuts &amp; Parmesan Garden Wild Rice Whole Green Beans Dixie Pork Chops Mashed Potatoes / Pork Gravy</p> <p>♥Garlic Baked Chicken Breast Maury's Posole Taco &amp; Chicken Fajita Bar</p>	<p>Beef Short Ribs / Mushroom &amp; Onions Red Skin Mashed Potatoes Beef Gravy California Veggies</p> <p>♥Greek Style Chicken Jasmine Rice Chicken Noodle Soup Hamburger Bar</p>
24	25	26	27	28	29	30
<p>Carved Tri Tip Beef Red Skin Mashed Potatoes Beef Gravy Fresh Broccoli Ranch Style Chicken Rice Pilaf Beef Barley Soup Chicken Breast Bar</p>	<p>3 Piece Fried Chicken Mashed Potatoes Country Gravy Cut Green Beans Beef Stroganoff Rotelle Pasta</p> <p>♥Oven Browned Cod Mexican Chicken Soup Italian Pasta Bar</p>	<p>Spaghetti &amp; Meat Or Marinara Sauce Garlic Bread Italian Veggies</p> <p>♥Chicken w/ Spinach &amp; Feta Garden Wild Rice</p> <p>♥Pecan Crusted Tilapia Vegetarian Mediterranean Soup Chicken Wing Bar</p>	<p>♥Roast Turkey Mashed Potatoes Bread Dressing Organic California Veggies</p> <p>♥Vegetarian Linguine Primavera ♥Oven Browned Sea Bas Pizza Chicken Tortilla Soup Shrimp Cocktail Bar</p>	<p><b>Surf &amp; Turf Special</b></p> <p>Carved Prime Rib Au Jus / Horseradish Fingerling Potatoes Fresh Asparagus / Rice Pilaf Shrimp Scampi</p> <p>♥South Western Style Chicken Chicken Noodle Soup Chili &amp; Corn Bread Bar</p>	<p>♥Salmon Tango Wild Rice Whole Green Beans Chipotle Short Ribs Mashed Potatoes Beef Gravy</p> <p>♥Chicken Picante Bacon &amp; Chicken Chowder Taco &amp; Chicken Fajita Bar</p>	<p>Dixie Baked Half Chicken Mashed Potatoes Country Gravy Mixed Veggies Swedish Meatballs Jasmine Rice Chicken Rice Soup Hamburger Bar</p>

