

November 2018 – Cafeteria Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Thursday, Nov 22</p> <p>Free Turkey Meal <i>"With All The Trimmings"</i></p> <p>For TCMC Employees Working Visitors & Guests Welcome - \$6.75</p>	<p><u>Cafeteria Hours</u> Breakfast 6:00am - 10:00am</p> <p>Lunch & Dinner 11:00 am - 630pm</p> <p>Night Shift 6:30pm - 1:30 am</p>		<p>♥♥♥ Heart Healthy Entrees</p>	<p>1</p> <p>Chicken, Steak, Shrimp Fajitas Spanish Rice / Maury's Frijoles Chicken & Chili Relleno Casserole Spanish Sauce Chicken Taquitos Mixed Veggies Split Pea Ham Soup Italian Pasta Bar</p>	<p>2</p> <p>♥Salmon Neptune Garden Wild Rice Whole Green Beans ♥Chicken Parmesan Whole Wheat Spaghetti Beef Tips w/ Bell Peppers Mashed Potatoes / Beef gravy Chicken Rice Soup Hamburger Bar</p>	<p>3</p> <p>3 Piece Fried Chicken Mashed Potatoes Country Gravy Mixed Veggies Swedish Meatballs Jasmine Rice Pork Barley Soup Oriental Bar</p>
<p>4</p> <p>Carved Tri-Tip Red Skin Mashed Potatoes Beef Gravy Cut Green Beans Chicken w/ Mozzarella & Marinara Bow Tie Pasta Mexican Chicken Soup Pizza Chicken Wing Bar</p>	<p>5</p> <p>Dixie Baked Half Chicken Mashed Potatoes / Country Gravy Mixed Veggies Cheese Manicotti Marinara / Garlic Bread ♥Spicy Cornmeal Cod Brown Rice Vegetable Chicken Soup Taco, Chicken Fajita Bar</p>	<p>6</p> <p>Coffee Marinated Short Ribs Red Skin Mashed Potatoes Beef Gravy/Organic California Veggies Tortilla Lime Chicken Saffron Cilantro Rice ♥Oven Browned Orange Roughy Peas Tomato Florentine Soup Chicken Breast Bar</p>	<p>7</p> <p>Oriental Baby Back Ribs ♥Orange Island Chicken ♥Mandarin Mahi-Mahi Vegetable Egg Rolls Sweet & Sour Sauce Fried Rice / Sugar Snap Peas Pizza Steak & Vegetable Soup Shrimp, Cocktail Bar</p>	<p>8</p> <p><u>Surf & Turf Special</u> Carved Filet Mignon Au Jus / Horseradish Roasted Herb Potatoes Fresh Asparagus Shrimp Scampi Rice Pilaf ♥Chicken Picante Italian Sausage Soup Italian Pasta Bar</p>	<p>9</p> <p>♥Maple Glaze Salmon w/ Pineapple Salsa Wild Rice / Whole Green Beans Maury's Albondigas ♥Pork Tenderloin w/ lemon, Thyme, Garlic / Corn Mashed Potatoes / Pork Gravy Clam Chowder Hamburger Bar</p>	<p>10</p> <p>Dixie Baked Half Chicken Mashed Potatoes Country Gravy Mixed Veggies Oven Browned Cod Wild Rice Chicken Rice Soup Oriental Bar</p>
<p>11</p> <p><u>Veteran's Day</u> <u>Surf & Turf Special</u> Carved Filet Mignon Au Jus / Horseradish Roasted Herb Potatoes Fresh Asparagus Fried Shrimp / Cocktail Sauce Rice Pilaf Steak & Veggies Soup Chicken Wing Bar</p>	<p>12</p> <p>Chicken Stuffed W/ Zucchini & Cheese Supreme Sauce Wild Rice / Fresh Broccoli Pork Chops w/ Portobello Mushroom Mashed Potatoes / Pork Gravy ♥Oven Browned Tilapia Pork Barley Soup Taco & Chicken Fajita Bar</p>	<p>13</p> <p>Glazed Corned Beef Potato Medley Steamed Cabbage ♥Lemon Herb Chicken Rice Pilaf Mixed Veggies ♥Trout w/ Wild Mushrooms Chicken Noodle Soup Chicken Breast Bar</p>	<p>14</p> <p>Homemade Lasagna Meat Sauce Garlic Bread Italian Veggies ♥Lemon Basil Chicken Couscous Chipotle Lime Tilapia Pizza Minestrone Soup Shrimp, Cocktail Bar</p>	<p>15</p> <p>Carved Honey Ham Dijon Sauce Fresh Yams Fresh Asparagus ♥Greek Style Chicken Jasmine Rice ♥Oven Browned Cod Lentil Kielbasa Stew Italian Pasta Bar</p>	<p>16</p> <p>♥Salmon w/ Apricot Glaze Rice Pilaf Fresh Zucchini ♥Rosemary Pork Tenderloin Mashed Potatoes Pork Gravy ♥Sunset Chicken Corn Hamburger Bar</p>	<p>17</p> <p>Spaghetti w/ Meat Or Marinara Sauce Garlic Bread Italian Veggies ♥Masala Chicken Wild Rice Chicken Tortilla Soup Oriental Bar</p>
<p>18</p> <p>Hui-Huli Baby Back Ribs Au Gratin Potatoes Fresh Asparagus ♥Lemon Herb Chicken Rice Pilaf Chicken Noodle Soup Chicken Wing Bar</p>	<p>19</p> <p>Carved Tri-Tip Beef Mashed Potatoes Beef gravy Carrot Slims / Peas Chicken w/ Marinara & Mozzarella Jasmine Rice ♥Tilapia Topped w/ Spinach & Cheese Ham & Lima Bean Soup</p>	<p>20</p> <p><u>Surf & Turf Special</u> Angus Rib Eye Steak Mushroom & Onions Scalloped Potatoes Fresh Broccoli Crab Caked & Red Pepper Aioli Garden Wild Rice ♥Chicken Cacciatore Chicken Rice Soup Chicken Breast Bar</p>	<p>21</p> <p>♥Avocado Soy Poach Salmon Rice Pilaf Fresh Asparagus Chicken California Supreme Sauce Swedish Meatballs Mashed Potatoes / Beef Gravy Pizza / Maury's Posole Shrimp, Cocktail Bar</p>	<p>22</p> <p><u>Happy Thanksgiving</u> Free Turkey Meal For Employees Working 11/22 Visitors Welcome - \$6.75 Roasted Turkey & Gravy, Mashed Potatoes, Bread Dressing, Cut Green Beans, Rolls Choice Of 1 Salad - Fruit, Tossed Salad Or Macaroni Pumpkin Pie</p>	<p>23</p> <p>Macadamia Halibut Garden Wild Rice California Veggies Austin Blue Smoked Beef Brisket Mashed Potatoes Beef Gravy Mexican Chicken Soup Hamburger Bar</p>	<p>24</p> <p>Chicken Cordon Blue Supreme Sauce Rice Pilaf Fresh Broccoli ♥Salmon w/ Cucumber Dill Sauce Pizza Chicken Lentil Soup Oriental Bar</p>
<p>25</p> <p>Beef Short Ribs w/ onion & Mushrooms Mashed Potatoes Beef Gravy Cut Green Beans Ranch Style Chicken Garden Wild Rice Beef Barley Soup Chicken Wing Bar</p>	<p>26</p> <p><u>Surf & Turf Special</u> Carved Filet Mignon Au Jus / Horseradish Fingerling Potatoes Fresh Asparagus Shrimp Chipotle Cream Sauce Jasmine Rice ♥Chicken w/ Avocado Corn Salsa Beef Barley Soup</p>	<p>27</p> <p>Spaghetti & Meat Or Marinara Sauce Garlic Bread Italian Vegetables ♥Chicken w/ Spinach & Feta Rice Pilaf Parmesan Crusted Tilapia Vegetable Soup Chicken Breast Bar</p>	<p>28</p> <p>Backed Meatloaf Mashed Potatoes / Beef Gravy Fresh Broccoli Ranch Style Chicken ♥Oven Browned Red Snapper Pizza Turkey Rice Soup Shrimp, Cocktail Bar</p>	<p>29</p> <p>Beef Stroganoff Rotelle Pasta California Veggies ♥Chicken Quarters Marabella ♥Oven Browned Tilapia Rice Pilaf Chicken Tortilla Soup Italian Pasta Bar</p>	<p>30</p> <p>♥Salmon w/ Black Bean Succotash Rice Pilaf Whole Green Beans Chilled Flank Steak Mashed Potatoes / Beef Gravy ♥Chicken w/ Artichokes Bacon Chicken Chowder Hamburger Bar</p>	

