DFAC

WEEKLY FOOD MENU

MONDAY OCTOBER 26

Lunch Chicken Fajitas, Baked Fish, pasta Primavera, O'Brien Potatoes, Quinoa Southwest Pilaf, Hacienda Corn and Black Beans, Roasted Butternut Squash, Stewed Tomatoes.

Dinner Creole Fish Filets, Stir Fry Chicken w/Broccoli, Teriyaki Steak, Steamed Rice, Roasted Pepper Potatoes, peas w/ Mushrooms and Onions, Roasted Cauliflower, French Style Green beans.

TUESDAY OCTOBER 27

Lunch Roast Beef, Spaghetti w/Turkey Meat Sauce, Pork Chop w/Pineapple Glaze, Mashed Potatoes, Rice Pilaf, Brussel Sprouts, Cream Style Corn, Roasted Zucchini & Tomatoes.

Dinner Turkey Nuggets, Beef Stew, Sundried Tomato Pesto Pasta, Long Grain & Wild Rice, Oven Browned Potatoes, Carrots, Snow Peas, Grilled Asparagus.

WEDNESDAY OCTOBER 28

Lunch Sweet & Spicy Orange Salmon, Chili Mac, Chicken Kabob, Brown Rice, Cottage Fried Potatoes, Peas and Carrots, Green Beans w/Mushrooms, Corn Calico.

Dinner BBQ Chicken, Pepper Steak, Spicy Catfish Po'boy, Quinoa Garden Pilaf, Roasted Chopped Potatoes, Braised Cabbage, Garlic Peas, Fried Okra.

THURSDAY OCTOBER 29

Lunch Almond Crusted Cod, Hamburger Yakisoba, Herbed Baked Chicken, Lyonnaise Potatoes, Steamed Rice, Roasted Brussel Sprouts, Corn O'Brien, French Style Peas.

Dinner Chicken Gumbo, Pork Schnitzel, Fish onion Lenon Baked, Steamed Brown Rice, Mashed Potatoes, Carrots, Green Beans with Feta, Broccoli Polonaise.

FRIDAY OCTOBER 30

Lunch BBQ Beef Cubes, Greek Lemon Chicken, Basil Baked Fish, Orzo Lemon Herb, Steamed Rice, Grilled Asparagus, Black Eyed Peas, Broccoli Combo.

Dinner Maple Glazed Salmon, Sundried Tomato Pesto Pasta, Pineapple Meatballs, Islander Rice, O'Brien Potatoes, Cauliflower, French Style Green Beana, Vegetable Medley.

SATURDAY OCTOBER 31

Lunch Lemon Pepper Baked Chicken, Caribbean Catfish, Braised Beef & Noodles, Harvest Blend Rice, Buttered Egg Noodles, Scalloped Corn, Herbed Green Beans, Roasted Butternut Squash.

Dinner Swiss Steak with Brown Gravy, Stuffed Green Peppers w Turkey & lentils, Spicy Chicken Shawarma, Brown Rice w/Tomatoes, Simmered Pinto Beans, Peas, Mediterranean Grilled Asparagus, Succotash.

SUNDAY NOVEMBER 1

Lunch Jamaican Chicken, Thai Vegetable Curry, Creole Shrimp, Baked Beans, Brown Rice, Peas W/ Mushrooms and Onions, Green Bean Sesame Glaze, Southern Style Collard Greens.

Dinner Grilled Honey Sriracha Chicken, Chili Mac, Beef Pho, Steamed Rice, Baked Potato, Oriental Stir Fry Cabbage, Fried Okra, Corn Combo.

**Menu subject to change

DFAC

WEEKLY FOOD MENU

MONDAY NOVEMBER 2

Lunch Southwestern Sweet Potatoes Black Beans and Corn, Baked Salmon, Mambo Pork Roast, Steamed Rice, Parsley Buttered Potatoes, Garlic Peas, Spinach, Green Beans W/Mushrooms.

Dinner Pasta Primavera, Chicken Scampi, County Style Steak, Lyonnaise Rice, Roasted Pepper Potatoes, Whole Kernel Corn, Cauliflower, Carrots.

TUESDAY NOVEMBER 3

Lunch Beef Stir Fry, Sundried Tomato Pesto Pasta, Mr. Z's Baked Chicken, Steamed Rice, Orzo w/Lemon & Herbs, Fried Okra, Oriental Stir Fry Cabbage, Sesame Glazed Green Beans.

Dinner BBQ Pork Loin, Baja Baked Cod, Greek Lemon Chicken, Scalloped Potatoes, Buttered Egg Noodles, Broccoli Combo, Parmesan Brussel Sprouts, Mediterranean Grilled Asparagus.

WEDNESDAY NOVEMBER 4

Lunch Lasagna, Shrimp Jambalaya, Cajun Chicken, Brown Rice, Potatoes and Herbs, Creole Green Beans, Roasted Butternut Squash, Honey Glazed Pea Pods & Carrots.

Dinner Ginger BBQ Chicken, Pork Roast Tenderloin, Thai Vegetable Curry, Steamed Rice, Baked Potato Halves, Sauteed Cabbage W/Bacon, Corn O'Brien, Roasted Brussel Sprouts.

THURSDAY NOVEMBER 5

Lunch Chicken Parmesan, Meat Loaf, Grilled Salmon w/ Citrus Butter, Spicy Brown Rice Pilaf, Mashed Potatoes, Broccoli, Herbed Green Beans, Carrots.

Dinner Hot and Spicy Chicken, Pasta Toscano with Italian Sausage, Cantonese Spareribs, Crispy Potato Wedges, Quinoa and Garbanzo Beans, Okra Medley, Sauteed Green Beans w/ Button Mushrooms, Cream Style Sweet Corn.

FRIDAY NOVEMBER 6

Lunch Polish Sausage, Basil Baked Fish, Spaghetti W/Meatballs (ground turkey), Buttered Parsley Potatoes, Steamed Rice, Roasted Peppers and Onions, Roasted Brussel Sprouts, Mixed Vegetables.

Dinner Baked Fish w/lemon Garlic Butter, Lime Chicken Tacos, Braised Beef and Noodles, Garlic Mashed Potatoes, Mexican Rice Legacy, Mexican Street Corn, Ginger Glazed Carrots, Cauliflower Parmesan.

SATURDAY NOVEMBER 7

Lunch Grilled Pork Chops, Savory Baked Chicken, Slow Braised BBQ Beef, Brown Rice, Cottage Fried Potatoes, Corn on the Cob, Fried Cauliflower, Braised Cabbage.

Dinner Chesapeake Bay Shrimp, Chicken Kabob, Roasted Pasta Primavera, Glazed Sweet Potatoes, Hopping John Rice, Garlic Sauteed Spinach, Peas W/Onions, French Style Cut Green Beans.

SUNDAY NOVEMBER 8

Lunch Cheese Tortellini W/ Marinara, Pepper Steak, Bourbon Chicken, Steamed Rice, Roasted Chopped Red Potatoes, Roasted Carrots w/Rosemary, Corn Combo, Broccoli Parmesan.

Dinner Beef Stew, Lemon Baked Fish, Herbed Baked Chicken, Mashed Potatoes, Rice Pilaf, Green Beans w/Mushrooms, Cauliflower, Japanese Stir Fry Vegetables.

**Menu subject to change

DFAC

WEEKLY FOOD MENU

MONDAY NOVEMBER 9

Lunch Greek Lemon Marinated Chicken, Basil Baked Fish, Pasta Primavera, Buttered Parsley Potatoes, Steamed Brown Rice, Carrots, Greek Style Grilled Vegetables, French Style Green Beans.

Dinner Chicken Gumbo, Braised Spareribs, French Fried Shrimp, Steamed Rice, Orzo w/Spinach, Tomato & Onion, Herbed Green Beans, Peas and Carrots, Broccoli.

TUESDAY NOVEMBER 10

Lunch BBQ Pork Loin, Meat Loaf, BBQ Chicken, Baked Mac and Cheese, Mashed Potatoes, Black Eyed Peas, Sauteed Cabbage w/Bacon, Cauliflower Combo.

Dinner Mexican Baked Chicken, Southwestern Fish, Beef Fajitas, Mexican Rice, Refried Beans w/Cheese, Hacienda Green Beans, Mexican Corn, Roasted Brussel Sprouts.

WEDNESDAY NOVEMBER 11

Lunch Roasted Pork Tenderloin, Citrus Herb Chicken, Mediterranean Salmon, Roasted Pepper Potatoes, Brown Rice, Peas, Green Beans W/Feta, Roasted Cauliflower.

Dinner Grilled Steak, Portobello Fajitas, Baked Salmon, Rice Pilaf, Baked Beans, Spinach, Cajun Style Vegetables, Scalloped Corn.

THURSDAY NOVEMBER 12

Lunch Country Style Steak, Oven Fried Chicken, Southern Fried Catfish, Boston Baked Beans, Brown Rice, Okra Mélange, Pea's w/ Mushrooms & Onions, Corn on the Cob.

Dinner Chicken and Broccoli Stir Fry, Shrimp Kabob, Teriyaki Steak, Steamed Rice, Roasted Red Chopped Potatoes, Oriental Stir Fry Cabbage, Corn O'Brien, Herbed Green Beans.

FRIDAY NOVEMBER 13

Lunch Grilled Pork Chops, Creole Shrimp, Baked Creole Spiced Chicken, Long Grain Wild Rice, Mashed Potatoes, Garlic Sauteed Spinach, Mixed Vegetables, Garlic Peas.

Dinner Chicken Florentine, Italian Broccoli Pasta, Parmesan Fish, Italian Style Baked Beans, Oven Browned Potatoes, Cauliflower Au Gratin, Carrots on the Griddle, Broccoli.

SATURDAY NOVEMBER 14

Lunch Beef Stew, Pork Schnitzel, Lemon Pepper Catfish, Steamed Rice, Jefferson Noodles, Roasted Corn, Green Beans, Roasted Brussel Sprouts.

Dinner Crispy Southern Cornflake Chicken, Swedish Meatballs, Sweet and Spicy Orange Salmon, Baked Sweet Potatoes, Red Beans and Rice, Southern Style Collard Greens, Broccoli, Stewed Tomatoes.

SUNDAY NOVEMBER 15

Lunch Greek Lemon Turkey Pasta, Oven Fried Fish, Steak Ranchero, Cottage Fried Potatoes, Steamed Rice, Carrots, Corn Combo, Braised Cabbage.

Dinner Roast Beef, Sundried Tomato Pesto Pasta, Chicken Cacciatore, Dirty Rice, Mashed Potatoes, Black Eyed Peas, Carrots on the Griddle, Mixed Vegetables.

**Menu subject to change

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WEEKLY FOOD MENU

MONDAY NOVEMBER 16

Lunch Creole Fish Fillets, Tuscan Chicken, Teriyaki Steak, Jalapeno Rice, Roasted Pepper Potatoes, Peas W/ Mushrooms and Onions, Roasted Cauliflower, French Style Green beans.

Dinner Chicken Ala King, Baked Fish, Pasta Primavera, O'Brien Potatoes, Quinoua Southwest Pilaf, Hacienda Corn & Black Beans, Peas, Stewed Tomatoes.

TUESDAY NOVEMBER 17

Lunch Honey Ginger Chicken, Pepper Steak, Cheese manicotti, Roasted Chopped Potatoes, Italian Baked Beans, Cauliflower Au Gratin, Collard Greens, Scalloped Corn.

Dinner Caribbean Beef Curry, baked Salmon, Honey Sriracha Chicken, Steamed Brown Rice, Garlic Mashed Potatoes, Herbed Green Beans, Fried Okra, Braised Cabbage.

WEDNESDAY NOVEMBER 18

Lunch Baja Fish Taco, Baked Mexican Chicken, Stuffed Green Peppers, Steamed Rice, Hacienda Potatoes, Corn Combo, Roasted Butternut Squash, Sesame Glazed Green Beans.

Dinner Basil Baked Fish, Turkey Breast Fillet, Eggplant Parmesan, Mashed Potatoes, Jefferson Noodles, Cauliflower, Carrots, Broccoli Parmesan.

THURSDAY NOVEMBER 19

Lunch Fish Onion Lemon Baked, Simmered Beef, Cajun Chicken, Dirty Rice, Roasted Pepper Potato, Carrots on the Griddle, Okra Mélange, Creole Green Beans.

Dinner Harvest Veg & Bean Ragout, Grilled Pork Chops, Cajun Meatloaf, Red Beans & Rice, Crispy Potato Wedges, Corn on the Cob, Cajun Style Vegetables, Peas with Onions.

FRIDAY NOVEMBER 20

Lunch Baked Salmon, Pineapple Meatballs, Honey Mustard Chicken Breast, Rissole Potatoes, Steamed Rice, Calico Corn, Mixed Vegetables, Roasted Cauliflower.

Dinner Pork Carnitas, Spinach Lasagna, Savory Baked Chicken, Italian Style Baked Beans, Cilantro Lime Brown Rice Pilaf, Broccoli, Cauliflower Combo, Mexican Corn.

SATURDAY NOVEMBER 21

Lunch Turkey and Spinach Meatloaf, Crispy Oven Baked Chicken, Parmesan Fish, Orzo W/ Lemon and Herbs, Roasted Rosemary Potato Wedge, Roasted Carrots w Rosemary, Brussel Sprouts, Broccoli Polonaise.

Dinner Jamaican Chicken, Braised Spareribs, Salisbury Grilled Salmon, Baked Beans, Brown Rice, Peas w/Mushrooms and Onions, Green Bean Sesame Glaze, Southern Style Collard Greens.

SUNDAY NOVEMBER 22

Lunch Honey Ginger Chicken, Salisbury Steak, French Fried Shrimp, Sweet Potatoes Southern Style, Boston Baked Beans, Cauliflower Au Gratin, Collard Greens, ScallopOed Corn.

Dinner Baked Chicken, Southwestern Shrimp Linguine, Beef Bulgogi, Sicilian Brown Rice w/ Vegetables, Garlic Mashed Potatoes, Herbed Green Beans, Fried Okra, Braised Cabbage.

**Menu subject to change

DFAC

WEEKLY FOOD MENU

MONDAY NOVEMBER 23

Lunch Chicken Fajitas, Baked Fish, pasta Primavera, O'Brien Potatoes, Quinoa Southwest Pilaf, Hacienda Corn and Black Beans, Roasted Butternut Squash, Stewed Tomatoes.

Dinner Creole Fish Filets, Stir Fry Chicken w/Broccoli, Teriyaki Steak, Steamed Rice, Roasted Pepper Potatoes, peas w/ Mushrooms and Onions, Roasted Cauliflower, French Style Green beans.

TUESDAY NOVEMBER 24

Lunch Roast Beef, Spaghetti w/Turkey Meat Sauce, Pork Chop w/Pineapple Glaze, Mashed Potatoes, Rice Pilaf, Brussel Sprouts, Cream Style Corn, Roasted Zucchini & Tomatoes.

Dinner Turkey Nuggets, Beef Stew, Sundried Tomato Pesto Pasta, Long Grain & Wild Rice, Oven Browned Potatoes, Carrots, Snow Peas, Grilled Asparagus.

WEDNESDAY NOVEMBER 25

Lunch Sweet & Spicy Orange Salmon, Chili Mac, Chicken Kabob, Brown Rice, Cottage Fried Potatoes, Peas and Carrots, Green Beans w/Mushrooms, Corn Calico.

Dinner BBQ Chicken, Pepper Steak, Spicy Catfish Po'boy, Quinoa Garden Pilaf, Roasted Chopped Potatoes, Braised Cabbage, Garlic Peas, Fried Okra.

THURSDAY NOVEMBER 26

Thanksgiving Meal
Open 11:00-17:00

Roast Turkey, Roast Ham, Roast Beef, Green Beans, Carrots

FRIDAY NOVEMBER 27

Lunch BBQ Beef Cubes, Greek Lemon Chicken, Basil Baked Fish, Orzo Lemon Herb, Steamed Rice, Grilled Asparagus, Black Eyed Peas, Broccoli Combo.

Dinner Maple Glazed Salmon, Sundried Tomato Pesto Pasta, Pineapple Meatballs, Islander Rice, O'Brien Potatoes, Cauliflower, French Style Green Beana, Vegetable Medley.

SATURDAY NOVEMBER 28

Lunch Lemon Pepper Baked Chicken, Caribbean Catfish, Braised Beef & Noodles, Harvest Blend Rice, Buttered Egg Noodles, Scalloped Corn, Herbed Green Beans, Roasted Butternut Squash.

Dinner Swiss Steak with Brown Gravy, Stuffed Green Peppers w Turkey & lentils, Spicy Chicken Shawarma, Brown Rice w/Tomatoes, Simmered Pinto Beans, Peas, Mediterranean Grilled Asparagus, Succotash.

SUNDAY NOVEMBER 29

Lunch Jamaican Chicken, Thai Vegetable Curry, Creole Shrimp, Baked Beans, Brown Rice, Peas W/ Mushrooms and Onions, Green Bean Sesame Glaze, Southern Style Collard Greens.

Dinner Grilled Honey Sriracha Chicken, Chili Mac, Beef Pho, Steamed Rice, Baked Potato, Oriental Stir Fry Cabbage, Fried Okra, Corn Combo.

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