CROSSWINDS DINING FACILITY MENU December-11

Menus are subject to change. Call 652-3287 for daily menus. Heritage Ethnic Meals offered every Wednesday

Entrées in red are new menu items as part of "Operation Refresh"

Sunday	Mondoy	Tuesday	Wedneedey	Thursdov	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday 1 <u>LUNCH</u>	Friday 2 <u>LUNCH</u>	Saturday <u>3 BRUNCH</u>
				Yankee Pot Roast	Shrimp Scampi	Baked Ham & Macaroni
				Chicken Vega	Beef Stew	Szechwan Chicken
				Tilapia	Chicken Enchiladas	
				DINNER	DINNER	DINNER
						BBQ Ham Steaks
				Herb Baked Chicken	BBQ Chicken	Crispy Baked Chicken
				Pepper Steak Southern Fried Catfish	Cajun Baked Fish Strip Loin Steak	Fried Shrimp
	F LINGU	(7 LUNCH			10
4 <u>BRUNCH</u>	5 <u>LUNCH</u>	6 <u>LUNCH</u>	7 Southern	8 <u>LUNCH</u>	9 <u>LUNCH</u>	10 <u>BRUNCH</u>
Chicken ala King	Tempura Fried Fish	Pork Schnitzel	Southern Fried Chicken	Mr. Zs Baked Chicken	Lasagna	Chinese 5-Spice Chicken
Sauerbraten	Strip Loin Steak	Beef & Broccoli	BBQ Spareribs	Beef & Noodles	Spaghetti w/Meat Sauce	Yakisoba
	(1) (1) (1) (1) (1) (1) (1) (1) (1) (1)	Fish w/Lemon & Garlic		Pork chops w/ warm		
	Chili Macaroni	Butter	Southern Fried Catfish	pineapple glaze	Chicken Cordon Bleu	
			Snack Line Special Roast			
			Pork Cubano Sandwich			
<u>DINNER</u>	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Ginger BBQ Chicken	Beef Pot Pie	Yankee Pot Roast	Grilled Mustard Chicken	Pasta Primavera BMT	Mexican Baked Chicken	Simmered Bratwurst
	Lemon Herb Chicken	Spaghetti w/Meat sauce	Tuna & Noodles	Szechwan Chicken	Country Style Steak	Lemon Baked Fish
Beef Enchiladas	Sweet Italian Sausage	Roast Turkey	Salmon	Salisbury Steak	Stuffed Green Peppers	Chinese 5-Spice Chicken
Beer Enclinadas	w/Peppers & Onions	Roast Turkey		Sansbury Steak	Stuffed Green reppers	Chinese 5-Spice Chicken
11 <u>BRUNCH</u>	12 <u>LUNCH</u>	13 <u>цилсн</u>	14 <u>Asian</u>	15 <u>цилсн</u>	16 <u>цилсн</u>	17 <u>вкимсн</u>
Stir Fry Beef w/Broccoli	Baked Stuffed Fish	Cornish Hen	Beef Yakisoba	Roast Pork Loin	Shrimp Scampi	Alaska Cheddar Fish
Chicken Breast Parmesan	Pot Roast	Meat Loaf	Sweet & Sour Pork	Chicken Vega	Beef Stew	Szechwan Chicken
		Turkey A la King	Stir Fry Chicken w/Broccoli	Liver w/Onions	Roast Turkey	
	Snack Line Special					
	Grilled Cheddar, Bacon & Tomato Sandwich					
<u>DINNER</u>	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
the second s						
Oven Fried Fish	Ribeye Steak	Teriyaki Chicken	Beef Ball Stroganoff	Herb Baked Chicken	Tuna & Noodles	Baked Ham & Macaroni
		Teriyaki Chicken Chili Macaroni	Pork chops w/ warm			
BBQ Spareribs	Spaghetti w/Meat sauce	Chili Macaroni	Pork chops w/ warm pineapple glaze	Pepper Steak	BBQ Chicken	Crispy Baked Chicken
BBQ Spareribs Turkey Nuggets	Spaghetti w/Meat sauce Lemon Baked Fish		Pork chops w/ warm pineapple glaze Salmon	Pepper Steak Fish & Chips	BBQ Chicken Southern Fried Catfish	Crispy Baked Chicken Fried Shrimp
BBQ Spareribs	Spaghetti w/Meat sauce	Chili Macaroni Alaska Cheddar Fish 20 <u>LUNCH</u>	Pork chops w/ warm pineapple glaze	Pepper Steak	BBQ Chicken	Crispy Baked Chicken
BBQ Spareribs Turkey Nuggets	Spaghetti w/Meat sauce Lemon Baked Fish	Chili Macaroni Alaska Cheddar Fish	Pork chops w/ warm pineapple glaze Salmon 21 <u>LUNCH</u>	Pepper Steak Fish & Chips	BBQ Chicken Southern Fried Catfish	Crispy Baked Chicken Fried Shrimp
BBQ Spareribs Turkey Nuggets 18 <u>BRUNCH</u>	Spaghetti w/Meat sauce Lemon Baked Fish 19 LUNCH	Chili Macaroni Alaska Cheddar Fish 20 <u>LUNCH</u> Pork Schnitzel	Pork chops W/ warm pineapple glaze Salmon 21 <u>LUNCH</u> (Italian) Spinach Lasagna Sweet Italian Sausage	Pepper Steak Fish & Chips 22 <u>LUNCH</u>	BBQ Chicken Southern Fried Catfish 23 <u>Brunch</u> Mexican Baked Chicken	Crispy Baked Chicken Fried Shrimp 24 <u>BRUNCH</u>
BBQ Spareribs Turkey Nuggets 18 <u>BRUNCH</u> Tempura Fried Fish	Spaghetti w/Meat sauce Lemon Baked Fish 19 LUNCH Beef Pot Pie	Chili Macaroni Alaska Cheddar Fish 20 LUNCH Pork Schnitzel w/Mushroom Gravy	Pork chops w/ warm pineapple glaze Salmon 21 <u>LUNCH</u> (Italian) Spinach Lasagna	Pepper Steak Fish & Chips 22 <u>LUNCH</u> Pasta Primavera BMT Teriyaki Chicken	BBQ Chicken Southern Fried Catfish 23 <u>Brunch</u>	Crispy Baked Chicken Fried Shrimp 24 <u>BRUNCH</u> Swedish Meatballs
BBQ Spareribs Turkey Nuggets 18 <u>BRUNCH</u> Tempura Fried Fish	Spaghetti w/Meat sauce Lemon Baked Fish 19 LUNCH Beef Pot Pie	Chili Macaroni Alaska Cheddar Fish 20 LUNCH Pork Schnitzel w/Mushroom Gravy	Pork chops W/ warm pineapple glaze Salmon 21 <u>LUNCH</u> (Italian) Spinach Lasagna Sweet Italian Sausage	Pepper Steak Fish & Chips 22 <u>LUNCH</u> Pasta Primavera BMT	BBQ Chicken Southern Fried Catfish 23 <u>Brunch</u> Mexican Baked Chicken	Crispy Baked Chicken Fried Shrimp 24 <u>BRUNCH</u> Swedish Meatballs
BBQ Spareribs Turkey Nuggets 18 <u>BRUNCH</u> Tempura Fried Fish Beef Enchiladas DINNER	Spaghetti w/Meat sauce Lemon Baked Fish 19 LUNCH Beef Pot Pie Mexican Baked Chicken Fish & Chips DINNER	Chili Macaroni Alaska Cheddar Fish 20 LUNCH Pork Schnitzel w/Mushroom Gravy Beef & Broccoli Tilapia DINNER	Pork chops w/ warm pineapple glaze Salmon 21 LUNCH (Italian) Spinach Lasagna Sweet Italian Sausage w/Peppers & Onions Spaghetti w/Meat Sauce DINNER	Pepper Steak Fish & Chips 22 <u>LUNCH</u> Pasta Primavera BMT Teriyaki Chicken Salisbury Steak <u>DINNER</u>	BBQ Chicken Southern Fried Catfish 23 <u>Brunch</u> Mexican Baked Chicken Country Style Steak <u>DINNER</u>	Crispy Baked Chicken Fried Shrimp 24 BRUNCH Swedish Meatballs Chicken Cordon Bleu DINNER
BBQ Spareribs Turkey Nuggets 18 <u>BRUNCH</u> Tempura Fried Fish Beef Enchiladas	Spaghetti w/Meat sauce Lemon Baked Fish 19 LUNCH Beef Pot Pie Mexican Baked Chicken Fish & Chips	Chili Macaroni Alaska Cheddar Fish 20 LUNCH Pork Schnitzel w/Mushroom Gravy Beef & Broccoli Tilapia DINNER Roast Pork Loin	Pork chops w/ warm pineapple glaze Salmon 21 <u>LUNCH</u> (Italian) Spinach Lasagna Sweet Italian Sausage w/Peppers & Onions Spaghetti w/Meat Sauce	Pepper Steak Fish & Chips 22 <u>LUNCH</u> Pasta Primavera BMT Teriyaki Chicken Salisbury Steak	BBQ Chicken Southern Fried Catfish 23 <u>Brunch</u> Mexican Baked Chicken Country Style Steak	Crispy Baked Chicken Fried Shrimp 24 BRUNCH Swedish Meatballs Chicken Cordon Bleu DINNER Simmered Bratwurst
BBQ Spareribs Turkey Nuggets 18 <u>BRUNCH</u> Tempura Fried Fish Beef Enchiladas DINNER	Spaghetti w/Meat sauce Lemon Baked Fish 19 LUNCH Beef Pot Pie Mexican Baked Chicken Fish & Chips DINNER	Chili Macaroni Alaska Cheddar Fish 20 LUNCH Pork Schnitzel w/Mushroom Gravy Beef & Broccoli Tilapia DINNER	Pork chops w/ warm pineapple glaze Salmon 21 LUNCH (Italian) Spinach Lasagna Sweet Italian Sausage w/Peppers & Onions Spaghetti w/Meat Sauce DINNER	Pepper Steak Fish & Chips 22 <u>LUNCH</u> Pasta Primavera BMT Teriyaki Chicken Salisbury Steak <u>DINNER</u>	BBQ Chicken Southern Fried Catfish 23 <u>Brunch</u> Mexican Baked Chicken Country Style Steak <u>DINNER</u>	Crispy Baked Chicken Fried Shrimp 24 BRUNCH Swedish Meatballs Chicken Cordon Bleu DINNER
BBQ Spareribs Turkey Nuggets 18 <u>BRUNCH</u> Tempura Fried Fish Beef Enchiladas DINNER Chicken ala King	Spaghetti w/Meat sauce Lemon Baked Fish 19 LUNCH Beef Pot Pie Mexican Baked Chicken Fish & Chips DINNER Roast Turkey	Chili Macaroni Alaska Cheddar Fish 20 LUNCH Pork Schnitzel w/Mushroom Gravy Beef & Broccoli Tilapia DINNER Roast Pork Loin	Pork chops w/ warm pineapple glaze Salmon 21 LUNCH (Italian) Spinach Lasagna Sweet Italian Sausage w/Peppers & Onions Spaghetti w/Meat Sauce DINNER Savory Baked Chicken	Pepper Steak Fish & Chips 22 LUNCH Pasta Primavera BMT Teriyaki Chicken Salisbury Steak DINNER Mr. Zs Baked Chicken	BBQ Chicken Southern Fried Catfish 23 <u>Brunch</u> Mexican Baked Chicken Country Style Steak DINNER Salmon Patty	Crispy Baked Chicken Fried Shrimp 24 BRUNCH Swedish Meatballs Chicken Cordon Bleu DINNER Simmered Bratwurst
BBQ Spareribs Turkey Nuggets 18 BRUNCH Tempura Fried Fish Beef Enchiladas DINNER Chicken ala King Sauerbraten	Spaghetti w/Meat sauce Lemon Baked Fish 19 LUNCH Beef Pot Pie Mexican Baked Chicken Fish & Chips DINNER Roast Turkey Ribeye Steak	Chili Macaroni Alaska Cheddar Fish 20 LUNCH Pork Schnitzel w/Mushroom Gravy Beef & Broccoli Tilapia DINNER Roast Pork Loin BBQ Beef Cubes	Pork chops W/ warm pineapple glaze Salmon 21 <u>LUNCH</u> (Italian) Spinach Lasagna Sweet Italian Sausage w/Peppers & Onions Spaghetti w/Meat Sauce DINNER Savory Baked Chicken Swiss Steak w/Brown Gravy	Pepper Steak Fish & Chips 22 LUNCH Pasta Primavera BMT Teriyaki Chicken Salisbury Steak DINNER Mr. Zs Baked Chicken Beef & Noodles	BBQ Chicken Southern Fried Catfish 23 Brunch Mexican Baked Chicken Country Style Steak DINNER Salmon Patty Chili Macaroni	Crispy Baked Chicken Fried Shrimp 24 BRUNCH Swedish Meatballs Chicken Cordon Bleu DINNER Simmered Bratwurst Lemon Baked Fish
BBQ Spareribs Turkey Nuggets 18 BRUNCH Tempura Pried Fish Beef Enchiladas DINNER Chicken ala King Sauerbraten Lemon Baked Fish	Spaghetti w/Meat sauce Lemon Baked Fish 19 LUNCH Beef Pot Pie Mexican Baked Chicken Fish & Chips DINNER Roast Turkey Ribeye Steak Jambalaya	Chili Macaroni Alaska Cheddar Fish 20 LUNCH Pork Schnitzel w/Mushroom Gravy Beef & Broccoli Tilapia DINNER Roast Pork Loin BBQ Beef Cubes Chicken Fajitas	Pork chops w/ warm pineapyble glaze Salmon 21 LUNCH (Italian) Spinach Lasagna Sweet Italian Sausage w/Peppers & Onions Spaghetti w/Meat Sauce DINNER Savory Baked Chicken Swiss Steak w/Brown Gravy BBQ Spareribs	Pepper Steak Fish & Chips 22 LUNCH Pasta Primavera BMT Teriyaki Chicken Salisbury Steak DINNER Mr. Zs Baked Chicken Beef & Noodles Spicy Baked Fish	BBQ Chicken Southern Fried Catfish 23 Brunch Mexican Baked Chicken Country Style Steak DINNER Salmon Patty Chilk Macaroni Chicken Cordon Bleu	Crispy Baked Chicken Fried Shrimp 24 <u>BRUNCH</u> Swedish Meatballs Chicken Cordon Bleu DINNER Simmered Bratwurst Lemon Baked Fish Chinese 5-Spice Chicken
BBQ Spareribs Turkey Nuggets 18 BRUNCH Tempura Fried Fish Beef Enchiladas DINNER Chicken ala King Sauerbraten	Spaghetti w/Meat sauce Lemon Baked Fish 19 LUNCH Beef Pot Pie Mexican Baked Chicken Fish & Chips DINNER Roast Turkey Ribeye Steak	Chili Macaroni Alaska Cheddar Fish 20 LUNCH Pork Schnitzel w/Mushroom Gravy Beef & Broccoli Tilapia DINNER Roast Pork Loin BBQ Beef Cubes Chicken Fajitas 27 LUNCH	Pork chops W/ warm pineapple glaze Salmon 21 <u>LUNCH</u> (Italian) Spinach Lasagna Sweet Italian Sausage w/Peppers & Onions Spaghetti w/Meat Sauce DINNER Savory Baked Chicken Swiss Steak w/Brown Gravy	Pepper Steak Fish & Chips 22 LUNCH Pasta Primavera BMT Teriyaki Chicken Salisbury Steak DINNER Mr. Zs Baked Chicken Beef & Noodles Spicy Baked Fish 29 LUNCH	BBQ Chicken Southern Fried Catfish 23 <u>Brunch</u> Mexican Baked Chicken Country Style Steak DINNER Salmon Patty Chili Macaroni Chicken Cordon Bleu	Crispy Baked Chicken Fried Shrimp 24 BRUNCH Swedish Meatballs Chicken Cordon Bleu DINNER Simmered Bratwurst Lemon Baked Fish Chinese 5-Spice Chicken 31 BRUNCH
BBQ Spareribs Turkey Nuggets 18 BRUNCH Tempura Fried Fish Beef Enchiladas DINNER Chicken ala King Sauerbraten Lemon Baked Fish 25 Christmas	Spaghetti w/Meat sauce Lemon Baked Fish 19 LUNCH Beef Pot Pie Mexican Baked Chicken Fish & Chips DINNER Roast Turkey Ribeye Steak Jambalaya	Chili Macaroni Alaska Cheddar Fish 20 LUNCH Pork Schnitzel w/Mushroom Gravy Beef & Broccoli Tilapia DINNER Roast Pork Loin BBQ Beef Cubes Chicken Fajitas 27 LUNCH Teriyaki Chicken	Pork chops w/ warm pineapyole glaze Salmon 21 LUNCH (Italian) Spinach Lasagna Sweet Italian Sausage w/Peppers & Onions Spaghetti w/Meat Sauce DINNER Savory Baked Chicken Swiss Steak w/Brown Gravy BBQ Spareribs 28 LUNCH (Cajun)	Pepper Steak Fish & Chips 22 LUNCH Pasta Primavera BMT Teriyaki Chicken Salisbury Steak DINNEF Mr. Zs Baked Chicken Beef & Noodles Spicy Baked Fish 29 LUNCH Herb Baked Chicken	BBQ Chicken Southern Fried Catfish 23 Brunch Mexican Baked Chicken Country Style Steak DINNER Salmon Patty Chilt Macaroni Chicken Cordon Bleu 30 LUNCH Tuna & Noodles	Crispy Baked Chicken Fried Shrimp 24 BRUNCH Swedish Meatballs Chicken Cordon Bleu DINNER Simmered Bratwurst Lemon Baked Fish Chinese 5-Spice Chicken 31 BRUNCH Baked Ham & Macaroni
BBQ Spareribs Turkey Nuggets 18 BRUNCH Tempura Fried Fish Beef Enchiladas DINNER Chicken ala King Sauerbraten Lemon Baked Fish 25 Christmas Happy Holidays	Spaghetti w/Meat sauce Lemon Baked Fish 19 LUNCH Beef Pot Pie Mexican Baked Chicken Fish & Chips DINNER Roast Turkey Ribeye Steak Jambalaya 26 Brunch Yankee Pot Roast	Chili Macaroni Alaska Cheddar Fish 20 LUNCH Pork Schnitzel w/Mushroom Gravy Beef & Broccoli Tilapia DINNER Roast Pork Loin BBQ Beef Cubes Chicken Fajitas 27 LUNCH Teriyaki Chicken Veal Parmesan	Pork chops w/ warm pineapyole glaze Salmon 21 LUNCH (Italian) Spinach Lasagna Sweet Italian Sausage w/Peppers & Onions Spaghetti w/Meat Sauce DINNER Savory Baked Chicken Swiss Steak w/Brown Gravy BBQ Spareribs 28 LUNCH (Cajun) Creole Macaroni	Pepper Steak Fish & Chips 22 LUNCH Pasta Primavera BMT Teriyaki Chicken Salisbury Steak DINNER Mr. Zs Baked Chicken Beef & Noodles Spicy Baked Fish 29 LUNCH Herb Baked Chicken Pepper Steak	BBQ Chicken Southern Fried Catfish 23 Brunch Maxican Baked Chicken Country Style Steak DINNER Salmon Patty Chilt Macaroni Chicken Cordon Bleu 30 LUNCH Tuna & Noodles BBQ Chicken	Crispy Baked Chicken Fried Shrimp 24 BRUNCH Swedish Meatballs Chicken Cordon Bleu DINNER Simmered Bratwurst Lemon Baked Fish Chinese 5-Spice Chicken 31 BRUNCH
BBQ Spareribs Turkey Nuggets 18 BRUNCH Tempura Fried Fish Beef Enchiladas DINNER Chicken ala King Sauerbraten Lemon Baked Fish 25 Christmas	Spaghetti w/Meat sauce Lemon Baked Fish 19 LUNCH Beef Pot Pie Mexican Baked Chicken Fish & Chips DINNER Roast Turkey Ribeye Steak Jambalaya	Chili Macaroni Alaska Cheddar Fish 20 LUNCH Pork Schnitzel w/Mushroom Gravy Beef & Broccoli Tilapia DINNER Roast Pork Loin BBQ Beef Cubes Chicken Fajitas 27 LUNCH Teriyaki Chicken	Pork chops w/ warm pineapyole glaze Salmon 21 LUNCH (Italian) Spinach Lasagna Sweet Italian Sausage w/Peppers & Onions Spaghetti w/Meat Sauce DINNER Savory Baked Chicken Swiss Steak w/Brown Gravy BBQ Spareribs 28 LUNCH (Cajun)	Pepper Steak Fish & Chips 22 LUNCH Pasta Primavera BMT Teriyaki Chicken Salisbury Steak DINNEF Mr. Zs Baked Chicken Beef & Noodles Spicy Baked Fish 29 LUNCH Herb Baked Chicken	BBQ Chicken Southern Fried Catfish 23 Brunch Mexican Baked Chicken Country Style Steak DINNER Salmon Patty Chilt Macaroni Chicken Cordon Bleu 30 LUNCH Tuna & Noodles	Crispy Baked Chicken Fried Shrimp 24 BRUNCH Swedish Meatballs Chicken Cordon Bleu DINNER Simmered Bratwurst Lemon Baked Fish Chinese 5-Spice Chicken 31 BRUNCH Baked Ham & Macaroni
BBQ Spareribs Turkey Nuggets 18 BRUNCH Tempura Fried Fish Beef Enchiladas DINNER Chicken ala King Sauerbraten Lemon Baked Fish 25 Christmas Happy Holidays from the	Spaghetti w/Meat sauce Lemon Baked Fish 19 LUNCH Beef Pot Pie Mexican Baked Chicken Fish & Chips DINNER Roast Turkey Ribeye Steak Jambalaya 26 Brunch Yankee Pot Roast	Chili Macaroni Alaska Cheddar Fish 20 LUNCH Pork Schnitzel w/Mushroom Gravy Beef & Broccoli Tilapia DINNER Roast Pork Loin BBQ Beef Cubes Chicken Fajitas 27 LUNCH Teriyaki Chicken Veal Parmesan Alaska Baked Fish	Pork chops w/ warm pineapple glaze Salmon 21 LUNCH (Italian) Spinach Lasagna Sweet Italian Sausage w/Peppers & Onions Spaghetti w/Meat Sauce DINNER Savory Baked Chicken Swiss Steak w/Brown Gravy BBQ Spareribs 28 LUNCH (Cajun) Creole Macaroni Jambalaya	Pepper Steak Fish & Chips 22 LUNCH Pasta Primavera BMT Teriyaki Chicken Salisbury Steak DINNER Mr. Zs Baked Chicken Beef & Noodles Spicy Baked Fish 29 LUNCH Herb Baked Chicken Pepper Steak	BBQ Chicken Southern Fried Catfish Mexican Baked Chicken Country Style Steak DINNER Salmon Patty Chili Macaroni Chicken Cordon Bleu Ghicken Cordon Bleu BBQ Chicken Southern Fried Catfish	Crispy Baked Chicken Fried Shrimp 24 BRUNCH Swedish Meatballs Chicken Cordon Bleu DINNER Simmered Bratwurst Lemon Baked Fish Chinese 5-Spice Chicken 31 BRUNCH Baked Ham & Macaroni
BBQ Spareribs Turkey Nuggets 18 BRUNCH Tempura Fried Fish Beef Enchiladas DINNER Chicken ala King Sauerbraten Lemon Baked Fish 25 Christmas Happy Holidays from the Crosswinds Dining	Spaghetti w/Meat sauce Lemon Baked Fish 19 LUNCH Beef Pot Pie Mexican Baked Chicken Fish & Chips DINNER Roast Turkey Ribeye Steak Jambalaya 26 Brunch Yankee Pot Roast Salmon	Chili Macaroni Alaska Cheddar Fish 20 LUNCH Pork Schnitzel w/Mushroom Gravy Beef & Broccoli Tilapia DINNER Roast Pork Loin BBQ Beef Cubes Chicken Fajitas 27 LUNCH Teriyaki Chicken Veal Parmesan Alaska Baked Fish Snack Line Speciat	Pork chops w/ warm pineapple glaze Salmon 21 LUNCH (Italian) Spinach Lasagna Sweet Italian Sausage w/Peppers & Onions Spaghetti w/Meat Sauce DINNER Savory Baked Chicken Swiss Steak w/Brown Gravy BBQ Spareribs 28 LUNCH (Cajun) Creole Macaroni Jambalaya Cajun Baked Fish	Pepper Steak Fish & Chips 22 LUNCH Pasta Primavera BMT Teriyaki Chicken Salisbury Steak DINNER Mr. Zs Baked Chicken Beef & Noodles Spicy Baked Fish 29 LUNCH Herb Baked Chicken Pepper Steak Fish & Chips	BBQ Chicken Southern Fried Catfish Mexican Baked Chicken Country Style Steak DINNER Salmon Patty Chili Macaroni Chicken Cordon Bleu Ghicken Cordon Bleu BBQ Chicken Southern Fried Catfish BBQ Chicken	Crispy Baked Chicken Fried Shrimp 24 BRUNCH Swedish Meatballs Chicken Cordon Bleu Chicken Cordon Bleu Simmered Bratwurst Lemon Baked Fish Chinese 5-Spice Chicken Chinese 5-Spice Chicken Baked Ham & Macaroni Fried Shrimp
BBQ Spareribs Turkey Nuggets 18 BRUNCH Tempura Fried Fish Beef Enchiladas DINNER Chicken ala King Sauerbraten Lemon Baked Fish 25 Christmas Happy Holidays from the Crosswinds Dining Facility Staff.	Spaghetti w/Meat sauce Lemon Baked Fish 19 LUNCH Beef Pot Pie Mexican Baked Chicken Fish & Chips DINNER Roast Turkey Ribeye Steak Jambalaya 26 Brunch Yankee Pot Roast Salmon DINNER Spaghetti w/Meat sauce Strip Loin Steak	Chili Macaroni Alaska Cheddar Fish Pork Schnitzel w/Mushroom Gravy Beef & Broccoli Tilapia DINNER Roast Pork Loin BBQ Beef Cubes Chicken Fajitas Chicken Fajitas Chicken Fajitas LUNCH Teriyaki Chicken Veal Parmesan Alaska Baked Fish Snack Line Special chime thuddur. Rame	Pork chops w/ warm pineapple glaze Salmon 21 LUNCH (Italian) Spinach Lasagna Sweet Italian Sausage wPeppers & Onions Spaghetti w/Meat Sauce DINNER Savory Baked Chicken Swiss Steak w/Brown Gravy BBQ Spareribs Cajun Baked Spish DINNER Lemon Herb Chicken Tilapia	Pepper Steak Fish & Chips 22 LUNCH Pasta Primavera BMT Teriyaki Chicken Salisbury Steak DINNER Mr. Zs Baked Chicken Beef & Noodles Spicy Baked Fish 29 LUNCH Herb Baked Chicken Pepper Steak Fish & Chips DINNER Roast Pork Loin Chicken Vega	BBQ Chicken Southern Fried Catfish Mexican Baked Chicken Country Style Steak Country Style Steak Country Style Steak Chicken Cordon Bleu Chicken Cordon Bleu Chicken Cordon Bleu BBQ Chicken BBQ Chicken Southern Fried Catfish Southern Fried Catfish	Crispy Baked Chicken Fried Shrimp 24 BRUNCH Swedish Meatballs Chicken Cordon Bleu DINNER Simmered Bratwurst Lemon Baked Fish Chinese 5-Spice Chicken 31 BRUNCH Baked Ham & Macaroni Fried Shrimp
BBQ Spareribs Turkey Nuggets 18 ERUNCH Tempura Fried Fish Beef Enchiladas DINNER Chicken ala King Sauerbraten Lemon Baked Fish 25 Christmas Happy Holidays from the Crosswinds Dining Facility Staff. Holiday meal will be served from 1100 - 1400 hrs at	Spaghetti w/Meat sauce Lemon Baked Fish 19 LUNCH Beef Pot Pie Mexican Baked Chicken Fish & Chips DINNER Roast Turkey Ribeye Steak Jambalaya 26 Brunch Yankee Pot Roast Salmon	Chili Macaroni Alaska Cheddar Fish Pork Schnitzel w/Mushroom Gravy Beef & Broccoli Tilapia DINNER Roast Pork Loin BBQ Beef Cubes Chicken Fajitas Chicken Fajitas Chicken Fajitas LUNCH Teriyaki Chicken Veal Parmesan Alaska Baked Fish Suack Line Special Comish Hen	Pork chops w/ warm pineapple glaze Salmon 21 LUNCH (Italian) Spinach Lasagna Sweet Italian Sausage wPeppers & Onions Spaghetti w/Meat Sauce DINNER Savory Baked Chicken Swiss Steak w/Brown Gravy BBQ Spareribs 28 LUNCH (Cajun) Creole Macaroni Jambalaya Cajun Baked Fish DINNER Lemon Herb Chicken	Pepper Steak Fish & Chips 22 LUNCH Pasta Primavera BMT Teriyaki Chicken Salisbury Steak DINNER Mr. Zs Baked Chicken Beef & Noodles Spicy Baked Fish Spicy Baked Fish Herb Baked Chicken Pepper Steak Fish & Chips DINNER Roast Pork Loin	BBQ Chicken Southern Fried Catfish Mexican Baked Chicken Country Style Steak Country Style Steak DINNER Salmon Patty Chili Macaroni Chicken Cordon Bleu Chicken Southern BBQ Chicken Southern Fried Catfish Southern Fried Catfish Shower Chicken Southern Fried Catfish	Crispy Baked Chicken Fried Shrimp 24 BRUNCH Swedish Meatballs Chicken Cordon Blea DINNER Simmered Bratwurst Lemon Baked Fish Chinese 5-Spice Chicken 31 BRUNCH Baked Ham & Macaroni Fried Shrimp DINNER Laber Alaska Cheddar Fish
BBQ Spareribs Turkey Nuggets 18 BRUNCH Tempura Fried Fish Beef Enchiladas DINNER Chicken ala King Sauerbraten Lemon Baked Fish 25 Christmas Happy Holidays from the Crosswinds Dining Facility Staff. Holiday meal will be served from 1100 - 1400 hrs at the Mountain View	Spaghetti w/Meat sauce Lemon Baked Fish 19 LUNCH Beef Pot Pie Mexican Baked Chicken Fish & Chips DINNER Roast Turkey Ribeye Steak Jambalaya 26 Brunch Yankee Pot Roast Salmon DINNER Spaghetti w/Meat sauce Strip Loin Steak	Chili Macaroni Alaska Cheddar Fish Pork Schnitzel w/Mushroom Gravy Beef & Broccoli Tilapia DINNER Roast Pork Loin BBQ Beef Cubes Chicken Fajitas Chicken Fajitas Chicken Fajitas LUNCH Teriyaki Chicken Veal Parmesan Alaska Baked Fish Snack Line Special chime thuddur. Rame	Pork chops w/ warm pineapple glaze Salmon 21 LUNCH (Italian) Spinach Lasagna Sweet Italian Sausage wPeppers & Onions Spaghetti w/Meat Sauce DINNER Savory Baked Chicken Swiss Steak w/Brown Gravy BBQ Spareribs Cajun Baked Spish DINNER Lemon Herb Chicken Tilapia	Pepper Steak Fish & Chips 22 LUNCH Pasta Primavera BMT Teriyaki Chicken Salisbury Steak DINNER Mr. Zs Baked Chicken Beef & Noodles Spicy Baked Fish 29 LUNCH Herb Baked Chicken Pepper Steak Fish & Chips DINNER Roast Pork Loin Chicken Vega	BBQ Chicken Southern Fried Catfish Mexican Baked Chicken Country Style Steak Country Style Steak Country Style Steak Chicken Cordon Bleu Chicken Cordon Bleu Chicken Cordon Bleu BBQ Chicken BBQ Chicken Southern Fried Catfish Southern Fried Catfish	Crispy Baked Chicken Fried Shrimp 24 BRUNCH Swedish Meatballs Chicken Cordon Blea Chicken Cordon Blea DINNER Simmered Bratwurst Lemon Baked Fish Chinese 5-Spice Chicken Baked Ham & Macaroni Fried Shrimp
BBQ Spareribs Turkey Nuggets 18 BRUNCH Tempura Fried Fish Beef Enchiladas DINNER Chicken ala King Sauerbraten Lemon Baked Fish 25 Christmas Happy Holidays from the Crosswinds Dining Facility Staff. Holiday meal will be served from 1100 - 1400 hrs at	Spaghetti w/Meat sauce Lemon Baked Fish 19 LUNCH Beef Pot Pie Mexican Baked Chicken Fish & Chips DINNER Roast Turkey Ribeye Steak Jambalaya 26 Brunch Yankee Pot Roast Salmon DINNER Spaghetti w/Meat sauce Strip Loin Steak	Chili Macaroni Alaska Cheddar Fish Pork Schnitzel w/Mushroom Gravy Beef & Broccoli Tilapia DINNER Roast Pork Loin BBQ Beef Cubes Chicken Fajitas Chicken Fajitas Chicken Fajitas LUNCH Teriyaki Chicken Veal Parmesan Alaska Baked Fish Snack Line Special chime thuddur. Rame	Pork chops w/ warm pineapple glaze Salmon 21 LUNCH (Italian) Spinach Lasagna Sweet Italian Sausage wPeppers & Onions Spaghetti w/Meat Sauce DINNER Savory Baked Chicken Swiss Steak w/Brown Gravy BBQ Spareribs Cajun Baked Spish DINNER Lemon Herb Chicken Tilapia	Pepper Steak Fish & Chips 22 LUNCH Pasta Primavera BMT Teriyaki Chicken Salisbury Steak DINNER Mr. Zs Baked Chicken Beef & Noodles Spicy Baked Fish 29 LUNCH Herb Baked Chicken Pepper Steak Fish & Chips DINNER Roast Pork Loin Chicken Vega	BBQ Chicken Southern Fried Catfish Mexican Baked Chicken Country Style Steak Country Style Steak Country Style Steak Chicken Cordon Bleu Chicken Cordon Bleu Chicken Cordon Bleu BBQ Chicken BBQ Chicken Southern Fried Catfish Southern Fried Catfish	Crispy Baked Chicken Fried Shrimp 24 BRUNCH Swedish Meatballs Chicken Cordon Blea Chicken Cordon Blea DINNER Simmered Bratwurst Lemon Baked Fish Chinese 5-Spice Chicken Baked Ham & Macaroni Fried Shrimp