

ROCCO DINING FACILITY

Bldg 2745 Schofield Rd

Subject to Change Without Notice

Breakfast Weekdays: 0615-0815		Lunch Weekdays: 1100-1300		Closed - Weekends & Holidays		Green=Healthier, Yellow=eat moderately		Red=Eat less					
Sunday, September 25, 2016		Monday, September 26, 2016		Tuesday, September 27, 2016		Wednesday, September 28, 2016		Thursday, September 29, 2016		Friday, September 30, 2016		Saturday, October 1, 2016	
Lunch		Lunch		Lunch		Lunch		Lunch		Lunch		Lunch	
CORN CHOWDER	ONION SOUP	MEXICAN ONION CORN SOUP	KNICKERBOCKER SOUP	ASIAN STIRN3:N46 FRY SOUP	CREAM OF BROCCOLI SOUP	CURRIED VEGETABLE SOUP							
BEEF RICE SOUP	TOMATO SOUP	TORTELLINI SOUP	CHICKEN VEGETABLE SOUP	CREAM OF MUSHROOM SOUP	MINSTRONE SOUP	NEW ENGLAND CLAM CHOWDER							
VEGETABLE EGG ROLLS	VEGETABLE LASAGNA	VEGETABLE BURRITOS	VEGETABLE PIZZA	VEGETABLE PIZZA	ITALIAN PASTA & BROCCOLI	POTATO CHEDD PIEROGIES MARINA							
TERIYAKI CHICKEN	VEAL PARMESAN	TAMALE PIE	SAUERBRATEN	HONEY GINGER CHICKEN BREAST	BBQ SPARERIBS	BREADED PORK STEAK							
SUKIYAKI	ROAST PORK TENDERLOIN	CHICKEN & DUMPLINGS	LEMON BAKED FISH	MEAT LOAF	BEEF STIR FRY	BEEF BALL STROGANOFF							
CARIBBEAN CATFISH	MONGOLIAN BBQ	CAJUN ROAST BEEF	OVEN BAKED CHICKEN	BARBECUED PORK CHOPS	BOMBAY CHICKEN	SWEET AND SOUR CHICKEN							
ORANGE RICE	HERBED BAKED CHICKEN	GRILLED KNOCKWURST	ORIENTAL STEAK	GREEK LEMON TURKEY PASTA	ROAST PORK TENDERLOIN	PAPRIKA BUTTERED POTATOES							
PARSLEY BUTTERED POTATOES	RICE W/ PARMESAN CHEESE	LYONNAISE RICE	STEAMED RICE	PORK FRIED RICE	POTATOES AU GRATIN	MEDITERRANEAN BROWN RICE							
FRIED CABBAGE	HACIENDA POTATOES	COTTAGE FRIED POTATOES	COTTAGE FRIED POTATOES	LYONNAISE POTATOES	TOSS GREEN RICE	PEAS WITH MUSHROOMS							
MIX VEGETABLE	PEAS WITH ONIONS	PEAS AND CARROTS	CLUB SPINACH	SQUASH AND CARROT MEDLEY	FRIED CABBAGE	CORN AND GREEN BEAN CASSEROLE							
BROWN GRAVY	BRUSSELS SPROUTS POLONAISE	BROCCOLI COMBO	CALICO CORN	ASPARAGUS	CORN COMBO	BROWN GRAVY							
HOT ROLLS	CHICKEN GRAVY	BROWN GRAVY	BROWN GRAVY	BROWN GRAVY	CHICKEN GRAVY	HOT ROLLS							
CUCUMBER & ONIONS	HOT ROLLS	HOT ROLLS	HOT ROLLS	HOT ROLLS	CORN BREAD	THREE BEAN SALAD							
CABBAGE, APPLE, & RAISIN SALAD	BROCCOLI SALAD	MEXICAN COLE SLAW	GERMAN TOMATO SALAD	MACARONI SALAD	PASTA SALAD	SPINACH & MUSHROOM SALAD							
CONFETTI RICE SALAD	ITALIAN STYLE PASTA SALAD	SPINACH SALAD	MIXED FRUIT SALAD	KIMCHEE SALAD	POTATO SALAD	FRUIT FLAVORED GELATIN							
FRUIT FLAVORED GELATIN	MARINATED BLACK BEAN SALAD	PICKLED BEETS & ONIONS SALAD	PASTA SALAD	PICKLED GREEN BEAN SALAD	COUNTRY STYLE TOMATO SALAD	CHEESE CAKE							
CHOCOLATE PIE	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	CHISPY MARSHMALLOW SQUARES							
OATMEAL COOKIES	APPLE PIE	CHERRY PIE	LEMON MERINGUE PIE	PECAN PIE	SWEET POTATO PIE	LEMON POUND CAKE							
SPICE CAKE	CRISPY MARSHMALLOW SQUARES	SUGAR COOKIES	DOUBLE CHOCOLATE Chip Cookies	PEANUT BUTTER COOKIES	CHEWY NUT BARS	TAPIOCA PUDDING							
VANILLA PUDDING	LEMON POUND CAKE	GERMAN CHOCOLATE CAKE	ORANGE CAKE	FLORIDA LEMON CAKE	GINGERBREAD CAKE	PIZZA PEPPERONI							
SLOPPY JOE	VANILLA PUDDING	BREAD PUDDING	TAPIOCA PUDDING	VANILLA PUDDING	BREAD PUDDING								
	BREADED CHICKEN BREAST	TAQUITOS	BURRITOS	FISHWICH	HOT WINGS								

Dinner		Dinner		Dinner		Dinner		Dinner		Dinner	
VEGETABLE CURRY W/RICE	CHEESE TORTELLINI W/ AFREDO SAUCE	CHEESE RAVIOLI W/MARINARA Sauce	VEGETABLE PIZZA	CHEESE MANICOTTI W/ ALFEDO SAUCE	POTATO FRITTATA	SPINACH & GARLIC TORTELLINI					
CHICKEN AND DUMPLING	PASTA W/ ITALIAN SAUSAGE	CHICKEN RANCHERO	SWEDISH MEATBALLS	HERBED BAKED FISH	PORK CHOPS WITH MUSHROOM GRAVY	POLISH SAUSAGE SIMMERED					
SALMON GINGER TERIYAKI	HONEY LEMON CHICKEN BREAST	CHINESE FIVE SPICE CHICKEN	CANONESE SPARERIBS	SALISBURY STEAK	SPAGHETTI W/ MEAT SAUCE	SAUERKRAUT					
CREOLE MACARONI	PEPPER STEAK	MEAT LOAF	BAKED CHICKEN & RICE	SWEET AND SOUR PORK	GRILLED HAM STEAK	BEEF PORCUPINES					
ITALIAN ROASTED POTATOES	PORK CHOPS WITH APPLE RINGS	SHRIMP SCAMPI	WHITE FISH WITH MUSHROOM	BAKED CHICKEN AND NOODLES	CAJUN BAKE FISH	SOUTHWESTERN SHRIMP LINGUIE					
PASTA PROVENCAL	HACIENDA POTATOES	MASHED POTATOES	RED BEANS AND RICE	STEAMED RICE	ROSEMARY ROASTED POTATO WEDGES	FRANCONIA POTATOES					
CLUB SPINACH	SHRIMP FRIED RICE	JASMINE RICE	O'BRIEN POTATOES	OVEN BROWN	FILIPINO RICE	RICE WITH PARMESAN CHEESE					
SUCCOTASH	LYONNAISE CARROTS	WINTER MIXED VEGETABLES	HONEY DIJON VEGETABLES	OKRA AND TOMATO GUMBO	MIXED VEGETABLE	BRUSSELS SPROUTS					
CHICKEN GRAVY	SPROUTS SUPERBA	ASPARAGUS	BROCCOLI POLONAISE	CORN COMBO	BEETS IN ORANGE-LEMON SAUCE	STEWED TOMATOES					
HOT ROLLS	CHICKEN GRAVY	GRAVY	BROWN GRAVY	BROWN GRAVY	BROWN GRAVY	BROWN GRAVY					
CUCUMBER & ONIONS	HOT ROLLS	GARLIC BREAD	HOT ROLLS	HOT ROLLS	TOASTED GARLIC BREAD	HOT ROLLS					
CABBAGE, APPLE, & RAISIN SALAD	BROCCOLI SALAD	MEXICAN COLE SLAW	GERMAN TOMATO SALAD	MACARONI SALAD	PASTA SALAD	THREE BEAN SALAD					
CONFETTI RICE SALAD	ITALIAN STYLE PASTA SALAD	SPINACH SALAD	MIXED FRUIT SALAD	KIMCHEE SALAD	POTATO SALAD	SPINACH & MUSHROOM SALAD					
FRUIT FLAVORED GELATIN	MARINATED BLACK BEAN SALAD	PICKLED BEETS & ONIONS SALAD	PASTA SALAD	PICKLED GREEN BEAN SALAD	COUNTRY STYLE TOMATO SALAD	FRUIT FLAVORED GELATIN					
SLOPPY JOE	FRUIT FLAVORED GELATIN	COTTAGE CHEESE & PEARS SALAD	COTTAGE CHEESE & PINEAPPLE SALAD	COTTAGE CHEESE & APRICOT SALAD	COTTAGE CHEESE & FRUIT COCKTAILS SALAD	PIZZA PEPPERONI					
	GLILLED CHICKEN BREAST	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN						
		EGG ROLLS	CRISPITOS	FISHWICH	HOT WINGS						

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Breakfast Weekdays: 0615-0815		Lunch Weekdays: 1100-1300		Dinner Weekdays: 1700-1900		
Sunday, October 2, 2016	Monday, October 3, 2016	Tuesday, October 4, 2016	Wednesday, October 5, 2016	Thursday, October 6, 2016	Friday, October 7, 2016	Saturday, October 8, 2016
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
CHICKEN RICE SOUP	BEEF BARLEY SOUP	SPANISH SOUP	CHICKEN GUMBO SOUP	ASIAN STIR FRY SOUP	CREAM OF BROCCOLI SOUP	FRENCH ONION SOUP
NAVY BEAN SOUP	CHICKEN CORN CHOWDER	CREAM OF POTATO SOUP	TOMATO RICE SOUP	CREAM OF MUSHROOM SOUP	MINISTRONE SOUP	ZESTY BEAN SOUP
CHEESE ENCHILADAS	MUSHROOMS TORTELLINI W/MARINARA	CHEESE MANICOTTI W/ MARINARA	VEGETABLE BURRITOS	VEGETABLE PIZZA	ITALIAN PASTA & BROCCOLI	SPAGHETTI W/ MARINARA SAUCE
CHEESEBURGER MACARONI	BLACKENED CATFISH	CHICKEN & DUMPLINGS	HAMBURGER YAKISOBA	BARBECUED PORK CHOPS	BEEF STIR FRY	BEEF AND BROCCOLI
CANTONESE SPARERIBS	MAMBO PORK ROAST	ROAST BEEF	SPARERIBS AND SAUERKRAUT	GREEK LEMON TURKEY PASTA	BOMBAY CHICKEN	CARIBBEAN CHICKEN BREAST
CREOLE SHRIMP	SWEDISH MEATBALLS	VEAL PAPRIKA	CHICKEN CORDON BLEU	PORK FRIED RICE	ROAST PORK TENDERLOIN	CREOLE PORK CHOPS
OVEN -GLO POTATOES	POTATO AU GRATIN	MEXICAN RICE	ROASTED PEPPER POTATOES	LYONNAISE POTATOES	POTATOES AU GRATIN	FRANCONIA POTATOES
SPRING GARDEN RICE	ISLANDER'S RICE	MASHED POTATOES	RICE PILAF	SQUASH AND CARROT MEDLEY	TOSS GREEN RICE	RICE WITH PARMESAN CHEESE
LIMA BEANS	CORN ON COB	PEAS W/ CELERY	SUCCOTASH	ASPARAGUS	FRIED CABBAGE	ORANGE CARROTS MANDINE
VEGETABLE STIR FRY	SEASAME GLAZED GREEN BEANS	CAULIFLOWER PRAMESAN	CALICO CABBAGE	BROWN GRAVY	CORN COMBO	CAULIFLOWER POLONAISE
BROWN GRAVY	BROWN GRAVY	BROWN GRAVY	CHICKEN GRAVY	HOT ROLLS	CHICKEN GRAVY	BROWN GRAVY
HOT ROLLS	HOT ROLLS	HOT ROLLS	HOT ROLLS	MACARONI SALAD	CORN BREAD	HOT ROLLS
CUCUMBER & ONIONS	BROCCOLI SALAD	MEXICAN COLE SLAW	GERMAN TOMATO SALAD	KIMCHEE SALAD	PASTA SALAD	THREE BEAN SALAD
CABBAGE, APPLE, & RAISIN SALAD	ITALIAN STYLE PASTA SALAD	SPINACH SALAD	MIXED FRUIT SALAD	PICKLED GREEN BEAN SALAD	POTATO SALAD	SPINACH & MUSHROOM SALAD
CONFETTI RICE SALAD	MARINATED BLACK BEAN SALAD	PICKLED BEETS & ONIONS SALAD	SEASHELL PASTA SALAD	FRUIT FLAVORED GELATIN	COUNTRY STYLE TOMATO SALAD	FRUIT FLAVORED GELATIN
FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	PECAN PIE	FRUIT FLAVORED GELATIN	CHEESE CAKE
CHOCOLATE PIE	APPLE PIE	CHERRY PIE	LEMON MERINGUE PIE	PEANUT BUTTER COOKIES	SWEET POTATO PIE	CONGO BARS
SUGAR COOKIES	BUTTERSOTCH BROWNIES	CHOCOLATE CHIP COOKIES	OATMEAL RAISIN COOKIES	FLORIDA LEMON CAKE	CHEWY NUT BARS	STRAWBERRY CAKE
GERMAN CHOCOLATE CAKE	BANANA CAKE	CARROT CAKE	DEVIL'S FOOD CAKE	VANILLA PUDDING	GINGERBREAD CAKE	RICE PUDDING
VANILLA PUDDING	RICE PUDDING	BUTTERSOTCH PUDDING	CHOCOLATE PUDDING	FISHWICH	BREAD PUDDING	TAMALES
CORN DOGS	GLILLED CHICKEN BREAST	EGG ROLLS	CRISPITOS		HOT WINGS	

Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
CHEESE RAVIOLI W/MARINARA	CAULIFLOWER POTATO AND CURRY	PASTA PRIMAVERA	SPAGHETTI W/ MARINARA SAUCE	CHEESE MANICOTTI W/ ALFEDO SAUCE	POTATO FRITTATA	VEGETABLE BURRITOS
YANKEE POT ROAST	HONEY LEMON CHICKEN BREAST	PASTA W/ ITAL SAUSAGE & PEPPERS	SAUERBRATEN	HERBED BAKED FISH	SPAGHETTI W/ MEAT SAUCE	ITALIAN RICE AND BEEF
CHICKEN PARMESAN	PEPPER STEAK	TURKEY LOAF	COUNTRY STYLE STEAK	SALISBURY STEAK	GRILLED HAM STEAK	BBQ HAM STEAK
SPICY BAKED FISH	GRILLED PORK CHOPS	GINGER POT ROAST	LEMON BAKED FISH	BAKED CHICKEN AND NOODLES	CAJUN BAKE FISH	MUSTARD-DILL BAKED FISH
GARLIC ROASTED potatoes wedges	SPICY BROWN RICE PILAF	NOODLES JEFFERSON	POTATOES AND HERBS	STEAMED RICE	ROSEMARY ROASTED POTATO WEDGES	ROASTED PEPPER POTATOES
BUTTERED NOODLES	HACIENDA POTATOES	O'BRIEN POTATOES	GARLIC CHEESE POTATOES	OVEN BROWN	FILIPINO RICE	TOSS GREEN RICE
ORANGE CARROTS MANDINE	BRUSSELS SPROUTS PARMESAN	HACIENDA CORN AND BLACK BEANS	TANGY SPINACH	OKRA AND TOMATO GUMBO	MIXED VEGETABLE	SUCCOTASH
CORN O'BRIEN	GLAZED CARROTS	HERBED BROCCOLI	CREOLE SUMMER SQUASH	CORN COMBO	BEETS IN ORANGE-LEMON SAUCE	SAVORY SUMMER SQUASH
NATURAL PAN GRAVY	BROWN GRAVY	TURKEY GRAVY	COUNTRY GRAVY	BROWN GRAVY	BROWN GRAVY	BROWN GRAVY
CORN BREAD	CORN BREAD	HOT ROLLS	HOT ROLLS	HOT ROLLS	TOASTED GARLIC BREAD	HOT ROLLS
CUCUMBER & ONIONS	BROCCOLI SALAD	MEXICAN COLE SLAW	GERMAN TOMATO SALAD	MACARONI SALAD	PASTA SALAD	THREE BEAN SALAD
CABBAGE, APPLE, & RAISIN SALAD	ITALIAN STYLE PASTA SALAD	SPINACH SALAD	MIXED FRUIT SALAD	KIMCHEE SALAD	POTATO SALAD	SPINACH & MUSHROOM SALAD
CONFETTI RICE SALAD	MARINATED BLACK BEAN SALAD	PICKLED BEETS & ONIONS SALAD	SEASHELL PASTA SALAD	PICKLED GREEN BEAN SALAD	COUNTRY STYLE TOMATO SALAD	FRUIT FLAVORED GELATIN
FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	TAMALES
CORN DOGS	GLILLED CHICKEN BREAST	EGG ROLLS	CRISPITOS	FISHWICH	HOT WINGS	

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Closed - Weekends & Holidays

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Red=Eat less

Breakfast Weekdays: 0615-0815

Lunch Weekdays: 1100-1300

Dinner Weekdays: 1700-1900

Sunday, October 9, 2016	Monday, October 10, 2016	Tuesday, October 11, 2016	Wednesday, October 12, 2016	Thursday, October 13, 2016	Friday, October 14, 2016	Saturday, October 15, 2016
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
CHEESE RAVIOLI W/MARINARA	BEEF NOODLE SOUP	MEXICAN ONION CORN SOUP	OLD FASHIONED BEAN SOUP	PEPPER POT SOUP	TEXAS CHICKEN TORTILLA SOUP	CORN CHOWDER
YANKEE POT ROAST	SPLIT PEA SOUP	TOMATO SOUP	CHICKEN VEGETABLE SOUP	CHICKEN EGG DROP SOUP	SHRIMP GUMBO SOUP	BEEF RICE SOUP
CHICKEN PARMESAN	VEGETABLE EGG ROLLS	VEGETABLE STUFFED PEPPERS	TURKEY NUGGET	POTATO & CURRY	PASTA PRIMAVERA	CHEESE MANICOTTI W/ MARINARA
SPICY BAKED FISH	PARMESAN FISH	CHICKEN FAJITAS	SZECHWAN CHICKEN	BBQ BRISKETT	GRILLED STEAK	TERIYAKI CHICKEN
GARLIC ROASTED potatoes/wedges	BBQ CHICKEN	GRILLED SALMON FILLETS	ROAST TURKEY	SHRIMP JAMBALAYA	OVEN FRIED CHICKEN	BAKED ITALIAN SAUSAGE
BUTTERED NOODLES	BRAISED BEEF AND NOODLES	CHILI CONQUISTADOR	TERIYAKI BEEF STRIPS	PORK SCHNITZEL	FRIED SHRIMP	CARIBBEAN CATFISH
ORANGE CARROTS MANDINE	SPROUTS SUPERBA	SOUTHWESTERN RICE	ITALIAN ROASTED POTATOES WEDGES	STEAM RICE	RED BEANS AND RICE	ORANGE RICE
CORN O'BRIEN	LYONNAISE CARROTS	REFRIED BEANS WITH CHEESE	GINGER RICE	HACIENDA POTATOES	MACARONI AND CHEESE	PARSLEY BUTTERED POTATOES
NATURAL PAN GRAVY	RISSOLE POTATOES	SPANISH STYLE BEANS	ASPARAGUS	SOUTH MEDLEY	SOUTHERN STYLE GREENS	CLUB SPINACH
CORN BREAD	NUTTY RICE AND CHEESE	SOUTH OF THE BORDER BROCCOLI	CAULIFLOWER AU GRATIN	CARROT AND CELERY AMANDINE	SOUTHERN FRIED OKRA	SUCCOTASH
CUCUMBER & ONIONS	CHICKEN GRAVY	TOMATO GRAVY	TURKEY GRAVY	CHICKEN GRAVY	BROWN GRAVY	BROWN GRAVY
CABBAGE, APPLE, & RAISIN SALAD	TOASTED GARLIC BREAD	CORN BREAD	HOT ROLLS	HOT ROLLS	CORN BREAD	HOT ROLLS
CONFETTI RICE SALAD	BROCCOLI SALAD	MEXICAN COLE SLAW	GERMAN TOMATO SALAD	MACARONI SALAD	PASTA SALAD	CUCUMBER & ONIONS
FRUIT FLAVORED GELATIN	ITALIAN STYLE PASTA SALAD	SPINACH SALAD	MIXED FRUIT SALAD	KIMCHEE SALAD	POTATO SALAD	CABBAGE, APPLE, & RAISIN SALAD
CORN DOGS	MARINATED BLACK BEAN SALAD	PICKLED BEETS & ONIONS SALAD	PASTA SALAD	PICKLED GREEN BEAN SALAD	COUNTRY STYLE TOMATO SALAD	CONFETTI RICE SALAD
	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN
	APPLE PIE	CHERRY PIE	LEMON MERINGUE PIE	PECAN PIE	SWEET POTATO PIE	CHOCOLATE PIE
	DOUBLE CHOCOLATE CHIP COOKIES	LEMON COOKIES	HERMITS	SNICKERDOODLE COOKIES	OATMEAL COOKIES	CHOCOLATE COOKIES
	ORANGE CAKE	MARBLE CAKE	PEANUT BUTTER CAKE	PINEAPPLE UPSIDE DOWN CAKE	SPICE CAKE	WHITE CAKE
	BUTTERSCOTCH PUDDING	CHOCOLATE PUDDING	VANILLA PUDDING	BREAD PUDDING	TAPIOCA PUDDING	BUTTERSCOTCH PUDDING
	BREADED CHICKEN BREAST	TAQUITOS	BURRITOS	PHILLY STEAK	BREADED DRUMETTES	SLOPPY JOE

Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
POTATO & CURRY	VEGETABLE CURRY W/RICE	CHEESE TORTELLINI W/MARINARA	VEGETABLE LASAGNA	MUSHROOMS TORTELLINI W/MARINARA	VEGETABLE LASAGNA	POTATO & CURRY
CHICKEN AND DUMPLING	SWISS STEAK WITH BROWN GRAVY	TURKEY POT PIE	BEEF STROGANOFF	SEAFOOD NEWBURG	ROAST BEEF	CHICKEN AND DUMPLING
SALMON GINGER TERIYAKI	SHRIMP JAMBALAYA	GRILLED FISH WITH MINT AND HONEY	PORK CHOP SUEY	MAMBO PORK ROAST	BAKED CHICKEN AND NOODLES	SALMON GINGER TERIYAKI
CREOLE MACARONI	BBQ PORK LOIN	PORK CHOPS WITH APPLE RINGS	HERBED BAKED CHICKEN	SWEDISH MEATBALLS	PORK ADOBO	CREOLE MACARONI
ITALIAN ROASTED POTATOES	SCALLOPED POTATOES	LYONNAISE RICE	ORIENTAL STEAK	POTATO AU GRATIN	PORK FRIED RICE	ITALIAN ROASTED POTATOES
PASTA PROVENCAL	SICILIAN BROWN RICE AND VEGETABLES	COTTAGE FRIED POTATOES	BOILED PASTA	WILD RICE	O'BRIEN POTATOES	PASTA PROVENCAL
PEAS WITH MUSHROOMS	CALICO CORN	PEAS AND CARROTS	SPICY BROWN RICE PILAF	CORN ON COB	HACIENDA CORN AND BLACK BEANS	PEAS WITH MUSHROOMS
CORN & GREEN BEAN CASSEROLE	HERBED GREEN BEANS	CAULIFLOWER AU GRATIN	CALICO CORN	SEASAME GLAZED GREEN BEANS	HERBED BROCCOLI	CORN AND GREEN BEAN CASSEROLE
CHICKEN GRAVY	CREAM ONION GRAVY	BROWN GRAVY	GREEN BEANS WITH MUSHROOM	BROWN GRAVY	CHICKEN GRAVY	CHICKEN GRAVY
HOT ROLLS	HOT ROLLS	HOT ROLLS	BROWN GRAVY	HOT ROLLS	HOT ROLLS	HOT ROLLS
CUCUMBER & ONIONS	BROCCOLI SALAD	MEXICAN COLE SLAW	HOT ROLLS	MACARONI SALAD	PASTA SALAD	CUCUMBER & ONIONS
CABBAGE, APPLE, & RAISIN SALAD	ITALIAN STYLE PASTA SALAD	SPINACH SALAD	GERMAN TOMATO SALAD	KIMCHEE SALAD	POTATO SALAD	CABBAGE, APPLE, & RAISIN SALAD
CONFETTI RICE SALAD	MARINATED BLACK BEAN SALAD	PICKLED BEETS & ONIONS SALAD	MIXED FRUIT SALAD	PICKLED GREEN BEAN SALAD	COUNTRY STYLE TOMATO SALAD	CONFETTI RICE SALAD
FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	PASTA SALAD	FRUIT FLAVORED GELATIN	COTTAGE CHEESE & FRUIT COCKTAILS SALAD	FRUIT FLAVORED GELATIN
SLOPPY JOE	BREADED CHICKEN BREAST	TAQUITOS	FRUIT FLAVORED GELATIN	PHILLY STEAK	FRUIT FLAVORED GELATIN	SLOPPY JOE
			BURRITOS		BREADED DRUMETTES	

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Sunday, October 16, 2016	Monday, October 17, 2016	Tuesday, October 18, 2016	Wednesday, October 19, 2016	Thursday, October 20, 2016	Friday, October 21, 2016	Saturday, October 22, 2016
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
SPLIT PEA SOUP WITH HAM	BEEF BARLEY SOUP	SPANISH SOUP	CHICKEN GUMBO SOUP	ASIAN STIR FRY SOUP	TURKEY VEGETABLE SOUP	FRENCH ONION SOUP
LENTIL VEGETABLE SOUP	CHICKEN CORN CHOWDER	CREAM OF POTATO SOUP	TOMATO RICE SOUP	CREAM OF MUSHROOM SOUP	MINESTRONE SOUP	ZESTY BEAN SOUP
TORTELLINI W/ MARINARA SAUCE	POTATO FRITTATA	SPINACH & GARLIC TORTELLINI	CHEESE RAVIOLI W/ MARINARA	VEGETABLE CURRY W/RICE	CHEESE TORTELLINI W/ AFREDO SAUCE	CHEESE ENCHILADAS
BEEF POT ROAST	HONEY LEMON CHICKEN BREAST	ROAST PORK TENDERLOIN	CREOLE FISH FILLETS	SALISBURY STEAK	SPAGHETTI W/ MEATBALL	VEGETABLE BURRITOS
CHICKEN PARMESAN	PEPPER STEAK	MONGOLIAN BBQ	COUNTRY STYLE STEAK	SWEET AND SOUR PORK	BAKED HAM	ITALIAN RICE AND BEEF
CREOLE SHRIMP	PORK CHOPS WITH APPLE RINGS	SAVORY BAKED CHICKEN	CHILI MACARONI W/CHEESE	BRAISE BEEF AND NOODLES	ONION-LEMON BAKED FISH	VEAL PAPRIKA STEAK
GARLIC ROASTED POTATOES WEDGE	HACIENDA POTATOES	NOODLES JEFFERSON	POTATOES AND HERBS	BROWN RICE WITH TOMATOES	MASHMALLOW SWEET POTATOES	MUSTARD-DILL BAKED FISH
BUTTERED NOODLES	SHRIMP FRIED RICE	BROWN RICE	GARLIC CHEESE POTATOES	LYONNAISE POTATOES	HOPPING JOHN	ROASTED PEPPER POTATOES
ORANGE CARROTS MANDINE	LYONNAISE CARROTS	HACIENDA CORN AND BLACK BEANS	TANGY SPINACH	SQUASH AND CARROT MEDLEY	FRENCH FRIED OKRA	RICE PILAF
CORN O'BRIEN	SPROUTS SUPERBA	HERBED BROCCOLI	CREOLE SUMMER SQUASH	ORIENTAL STIR FRY CABBAGE	FRIED CABBAGE WITH BACON	GREEN BEAN CREOLE
NATURAL PAN GRAVY	CHICKEN GRAVY	TURKEY GRAVY	COUNTRY GRAVY	BROWN GRAVY	BROWN GRAVY	CALICO CABBAGE
CORN BREAD	HOT ROLLS	HOT ROLLS	HOT ROLLS	HOT ROLLS	CORN BREAD	BROWN GRAVY
CUCUMBER & ONIONS	BROCCOLI SALAD	MEXICAN COLE SLAW	GERMAN TOMATO SALAD	MACARONI SALAD	PASTA SALAD	HOT ROLLS
CABBAGE, APPLE, & RAISIN SALAD	ITALIAN STYLE PASTA SALAD	SPINACH SALAD	MIXED FRUIT SALAD	KIMCHEE SALAD	POTATO SALAD	THREE BEAN SALAD
CONFETTI RICE SALAD	MARINATED BLACK BEAN SALAD	PICKLED BEETS & ONIONS SALAD	PASTA SALAD	PICKLED GREEN BEAN SALAD	COUNTRY STYLE TOMATO SALAD	COTTAGE CHEESE & FRUIT SALAD
FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	SPINACH & MUSHROOM SALAD
CHOCOLATE PIE	APPLE PIE	CHERRY PIE	LEMON MERINGUE PIE	PECAN PIE	SWEET POTATO PIE	FRUIT FLAVORED GELATIN
CHEWY NUT BARS	OATMEAL CHOCOLATE CHIP COOKIES	PEANUT BUTTER BROWNIES	CHOCOLATE CHIP COOKIES	BUTTERSCOTCH BROWNIES	OATMEALS RAISIN COOKIES	CHEESE CAKE
STRAWBERRY SHORT CAKE	YELLOW CAKE	ANGEL FOOD CAKE	BANANA CAKE	CARROT CAKE	DEVIL'S FOOD CAKE	SNICKERDOODLE COOKIES
CHOCOLATE PUDDING	CHOCOLATE PUDDING	VANILLA PUDDING	BREAD PUDDING	TAPIOCA PUDDING	RICE PUDDING	PINEAPPLE UPSIDE DOWN CAKE
CORN DOGS	GLILLED CHICKEN BREAST	EGG ROLLS	CRISPITOS	FISHWICH	HOT WINGS	CHOCOLATE PUDDING
						TAMALES

Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
POTATO & CURRY	ITALIAN PASTA & BROCCOLI	POTATO & CHEDDAR PIEROGIES W/ MARIN	CHEESE ENCHILADAS	VEGETABLE EGG ROLLS	VEGETABLE STUFFED PEPPERS	CHEESE RAVIOLI W/ MARINARA
CHEESEBURGER MACARONI	BLACKENED CATFISH	CHICKEN & DUMPLINGS	CREOLE PORK STEAK	FRENCH FRIED FISH PORTIONS	BAKED STUFFED SALMON	BEEF AND BROCCOLI
SWEET AND SOUR SPARERIBS	OVEN FRIED CHICKEN FILLETS	ROAST BEEF	HAMBURGER YAKISOBA	CHICKEN BREAST IN ORANGE SAUCE	PINEAPPLE CHICKEN	CARIBBEAN CHICKEN BREAST
CARIBBEAN CATFISH	BBQ MEATBALLS	VEAL PAPRIKA	CHICKEN CORDON BLEU	GREEK LEMON TURKEY PASTA	ITALIAN STYLE VEAL STEAKS	CREOLE PORK CHOPS
OVEN -GLO POTATOES	POTATOES AU GRATIN	MEXICAN RICE	ROASTED PEPPER POTATOES	STEAMED RICE	ROSEMARY ROASTED POTATO WEDGES	FRANCONIA POTATOES
SPRING GARDEN RICE	ISLANDER'S RICE	MASHED POTATOES	RICE PILAF	OVEN BROWN	WILD RICE	RICE WITH PARMESAN CHEESE
LIMA BEANS	CORN ON THE COB	PEAS W/ CELERY	SUCCOTASH	OKRA AND TOMATO GUMBO	MIXED VEGETABLE	SUCCOTASH
VEGETABLE STIR FRY	GREEN BEANS WITH MUSHROOMS	CAULIFLOWER PRAMESAN	CALICO CABBAGE	CORN COMBO	CAULIFLOWER AU GRATIN	CAULIFLOWER POLONAISE
BROWN GRAVY	BROWN GRAVY	BROWN GRAVY	CHICKEN GRAVY	BROWN GRAVY	BROWN GRAVY	BROWN GRAVY
HOT ROLLS	HOT ROLLS	HOT ROLLS	HOT ROLLS	HOT ROLLS	HOT ROLLS	HOT ROLLS
CUCUMBER & ONIONS	BROCCOLI SALAD	MEXICAN COLE SLAW	GERMAN TOMATO SALAD	MACARONI SALAD	PASTA SALAD	COTTAGE CHEESE & FRUIT SALAD
CABBAGE, APPLE, & RAISIN SALAD	ITALIAN STYLE PASTA SALAD	SPINACH SALAD	MIXED FRUIT SALAD	KIMCHEE SALAD	POTATO SALAD	SPINACH & MUSHROOM SALAD
CONFETTI RICE SALAD	MARINATED BLACK BEAN SALAD	PICKLED BEETS & ONIONS SALAD	PASTA SALAD	PICKLED GREEN BEAN SALAD	COUNTRY STYLE TOMATO SALAD	FRUIT FLAVORED GELATIN
FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	TAMALES
CORN DOGS	GLILLED CHICKEN BREAST	EGG ROLLS	CRISPITOS	FISHWICH	HOT WINGS	

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Closed - Weekends & Holidays

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Red=Eat less

Breakfast Weekdays: 0615-0815

Lunch Weekdays: 1100-1300

Dinner Weekdays: 1700-1900

Sunday, October 23, 2016	Monday, October 24, 2016	Tuesday, October 25, 2016	Wednesday, October 26, 2016	Thursday, October 27, 2016	Friday, October 28, 2016	Saturday, October 29, 2016
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
CORN CHOWDER	ONION SOUP	MEXICAN ONION CORN SOUP	KNICKERBOCKER SOUP	PEPPER POT SOUP	TEXAS CHICKEN TORTILLA SOUP	SPANISH SOUP
BEEF RICE SOUP	TOMATO SOUP	TORTELLINI SOUP	CHICKEN VEGETABLE SOUP	CHICKEN EGG DROP SOUP	SHRIMP GUMBO SOUP	CREAM OF POTATO SOUP
VEGETABLE EGG ROLLS	VEGETABLE LASAGNA	VEGETABLE BURRITOS	VEGETABLE PIZZA	ITALIAN PASTA & BROCCOLI	POTATO & CHED PIEROGIES W/ MARINARA	BROCCOLI RICE & CHEESE
TERIYAKI CHICKEN	BEEFBALLS STROGANOFF	CHICKEN & DUMPLINGS	LEMON BAKED FISH	SEAFOOD NEWBURG	BLACKENED CATFISH	ROAST PORK TENDERLOIN
SUKIYAKI	SOUTHERN FRIED CATFISH FILLETS	CAJUN ROAST TENDERLOIN OF BEEF	OVEN BAKED CHICKEN	MAMBO PORK ROAST	GRILLED STEAK	BEEF STIR FRY
CARIBBEAN CATFISH	HERBED BAKED CHICKEN BREAST	GRILLED KNOCKWURST	ORIENTAL STEAK	SWEDISH MEATBALLS	FRIED SHRIMP	STUFFED POLLOCK
ORANGE RICE	RICE W/ PARMESAN CHEESE	LYONNAISE RICE	STEAM RICE	POTATO AU GRATIN	MACARONI AND CHEESE	STEAMED RICE
PARSLEY BUTTERED POTATOES	HACIENDA POTATOES	COTTAGE FRIED POTATOES	COTTAGE FRIED POTATOES	ISLANDER'S RICE	GLAZED SWEET POTATO	Garlic lemon roasted potato wedges
BEAN COMBO	PEAS WITH ONIONS	PEAS AND CARROTS	CLUB SPINACH	JAPANESE VEGETABLE STIR FRY	SOUTHERN STYLE GREENS	MEXICAN CORN
CORN ON THE COB	BROSSELS SPROUTS POLONAISE	BROCCOLI COMBO	CALICO CORN	HARVARD BEETS	FRIED CABBAGE	BROCCOLI COMBO
BROWN GRAVY	CHICKEN GRAVY	BROWN GRAVY	BROWN GRAVY	NATURAL PAN GRAVY	BROWN GRAVY	NATURAL PAN GRAVY
HOT ROLLS	HOT ROLLS	HOT ROLLS	HOT ROLLS	HOT ROLLS	HOT ROLLS	HOT ROLLS
CUCUMBER & ONIONS	BROCCOLI SALAD	MEXICAN COLE SLAW	GERMAN TOMATO SALAD	MACARONI SALAD	PASTA SALAD	MEXICAN COLE SLAW
CABBAGE, APPLE, & RAISIN SALAD	ITALIAN STYLE PASTA SALAD	SPINACH SALAD	MIXED FRUIT SALAD	KIMCHEE SALAD	POTATO SALAD	SPINACH SALAD
CONFETTI RICE SALAD	MARINATED BLACK BEAN SALAD	PICKLED BEETS & ONIONS SALAD	PASTA SALAD	PICKLED GREEN BEAN SALAD	COUNTRY STYLE TOMATO SALAD	PICKLED BEETS & ONIONS SALAD
FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	SWEET POTATO PIE	FRUIT FLAVORED GELATIN
CHOCOLATE PIE	APPLE PIE	CHERRY PIE	LEMON MERINGUE PIE	PECAN PIE	HERMITS	CHERRY PIE
OATMEAL COOKIES	CRISPY MARSHMALLOW SQUARES	SUGAR COOKIES	DOUBLE CHOCOLATE CHIP COOKIES	LEMON COOKIES	PEANUT BUTTER CAKE	CHOCOLATE COOKIES
SPICE CAKE	LEMON POUND CAKE	GERMAN CHOCOLATE CAKE	ORANGE CAKE	MARBLE CAKE	BUTTERSOTCH PUDDING	WHITE CAKE
VANILLA PUDDING	VANILLA PUDDING	BREAD PUDDING	TAPIOCA PUDDING	RICE PUDDING	BREADED DRUMETTES	TAPIOCA PUDDING
SLOPPY JOE	BREADED CHICKEN BREAST	TAQUITOS	BURRITOS	PHILLY STEAK	EGG ROLLS	EGG ROLLS

Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
VEGETABLE CURRY W/RICE	PASTA PRIMAVERA	SPAGHETTI W/ MARINARA SAUCE	CHEESE MANICOTTI W/ ALFEDO SAUCE	POTATO FRITTATA	SPINACH & GARLIC TORTELLINI MARINARA	CHEESE RAVIOLI W/MARINARA
CHICKEN AND DUMPLING	PARMESAN FISH	BEEF FAJITAS	SZECHWAN CHICKEN	TERIYAKI STEAK	SPAGHETTI W/ MEAT SAUCE	BAKED FISH AMANDINE
SALMON GINGER TERIYAKI	BBQ CHICKEN	GRILLED SALMON FILLETS	ROAST TURKEY	HERBED BAKED FISH	GRILLED HAM STEAK	MEAT LOAF
CREOLE MACARONI	SWISS STEAK WITH BROWN GRAVY	CHILI CONQUISTADOR	TERIYAKI BEEF STRIPS	SALISBURY STEAK	CAJUN BAKE FISH	SHRIMP SCAMPI
ITALIAN ROASTED POTATOES	SPROUTS SUPERBA	SOUTHWESTERN RICE	ITALIAN ROASTED POTATOES WEDGES	STEAMED RICE	ROSEMARY ROASTED POTATO WEDGES	MASHED POTATOES
PASTA PROVENCAL	LYONNAISE CARROTS	REFRIED BEANS WITH CHEESE	GINGER RICE	OVEN BROWN	FILIPINO RICE	JASMINE RICE
CLUB SPINACH	RISSOLE POTATOES	SPANISH STYLE BEANS	ASPARAGUS	OKRA AND TOMATO GUMBO	MIXED VEGETABLE	WINTER MIXED VEGETABLES
CRELO SUMMER SQUASH	NUTTY RICE AND CHEESE	SOUTH OF THE BORDER BROCCOLI	CAULIFLOWER AU GRATIN	CORN COMBO	BEETS IN ORANGE-LEMON SAUCE	ASPARAGUS
CHICKEN GRAVY	CHICKEN GRAVY	TOMATO GRAVY	TURKEY GRAVY	BROWN GRAVY	BROWN GRAVY	GRAVY
HOT ROLLS	TOASTED GARLIC BREAD	CORN BREAD	HOT ROLLS	HOT ROLLS	TOASTED GARLIC BREAD	GARLIC BREAD
CUCUMBER & ONIONS	ITALIAN STYLE PASTA SALAD	MEXICAN COLE SLAW	GERMAN TOMATO SALAD	MACARONI SALAD	PASTA SALAD	MEXICAN COLE SLAW
CABBAGE, APPLE, & RAISIN SALAD	MARINATED BLACK BEAN SALAD	SPINACH SALAD	MIXED FRUIT SALAD	KIMCHEE SALAD	POTATO SALAD	SPINACH SALAD
CONFETTI RICE SALAD	FRUIT FLAVORED GELATIN	PICKLED BEETS & ONIONS SALAD	PASTA SALAD	PICKLED GREEN BEAN SALAD	COUNTRY STYLE TOMATO SALAD	PICKLED BEETS & ONIONS SALAD
FRUIT FLAVORED GELATIN	BREADED CHICKEN BREAST	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN
SLOPPY JOE		TAQUITOS	BURRITOS	PHILLY STEAK	BREADED DRUMETTES	EGG ROLLS

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Breakfast Weekdays: 0615-0815

Lunch Weekdays: 1100-1300

Dinner Weekdays: 1700-1900

Sunday, October 30, 2016	Monday, October 31, 2016	Tuesday, November 1, 2016	Wednesday, November 2, 2016	Thursday, November 3, 2016	Friday, November 4, 2016	Saturday, November 5, 2016	
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
CHICKEN GUMBO SOUP	BEEF BARLEY SOUP	MENU NOT AVAILABLE					CLOSED
TOMATO BOUILLON SOUP	CHICKEN CORN CHOWDER	MENU NOT AVAILABLE					CLOSED
RICE FRITTATA	VEGETABLE STUFFED PEPPERS	MENU NOT AVAILABLE					CLOSED
ORIENTAL STEAK	CHALUPA	MENU NOT AVAILABLE					CLOSED
CHICKEN & SHRIMP ALFREDO	CHICKEN FAJITAS	MENU NOT AVAILABLE					CLOSED
SAVORY BAKED CHICKEN	DIJON BAKED PORK CHOPS	MENU NOT AVAILABLE					CLOSED
FRANCONIA POTATOES	JEFFERSON NOODLES	MENU NOT AVAILABLE					CLOSED
BAKED MACARONI AND CHEESE	ROASTED PEPPER POTATOES	MENU NOT AVAILABLE					CLOSED
CAULIFLOWER COMBO	SWEET PEAS	MENU NOT AVAILABLE					CLOSED
HACIENDA GREEN BEANS	ORIENTAL STIR-FRY CABBAGE	MENU NOT AVAILABLE					CLOSED
BROWN GRAVY	BROWN GRAVY	MENU NOT AVAILABLE					CLOSED
HOT ROLLS	HOT ROLLS	MENU NOT AVAILABLE					CLOSED
GERMAN TOMATO SALAD	BROCCOLI SALAD	MENU NOT AVAILABLE					CLOSED
MIXED FRUIT SALAD	ITALIAN STYLE PASTA SALAD	MENU NOT AVAILABLE					CLOSED
PASTA SALAD	MARINATED BLACK BEAN SALAD	MENU NOT AVAILABLE					CLOSED
FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	MENU NOT AVAILABLE					CLOSED
LEMON MERINGUE PIE	APPLE PIE	MENU NOT AVAILABLE					CLOSED
OATMEAL CHOCOLATE CHIP COOKIES	CONGO BARS	MENU NOT AVAILABLE					CLOSED
YELLOW CAKE	STRAWBERRY CAKE	MENU NOT AVAILABLE					CLOSED
RICE PUDDING	BREAD PUDDING	MENU NOT AVAILABLE					CLOSED
CRISPITOS	GLILLED CHICKEN BREAST	MENU NOT AVAILABLE					CLOSED



Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
VEGETABLE PIZZA	CHEESE TORTELLINI W/ ALFREDO SAUCE	MENU NOT AVAILABLE			
BRAISED SPARERIBS	PASTA W/ ITALIAN SAUSAGE	MENU NOT AVAILABLE			
BAKED CHICKEN & RICE	HONEY LEMON CHICKEN BREAST	MENU NOT AVAILABLE			
WHITE FISH WITH MUSHROOM	PEPPER STEAK	MENU NOT AVAILABLE			
RED BEANS AND RICE	PORK CHOPS WITH APPLE RINGS	MENU NOT AVAILABLE			
O'BRIEN POTATOES	HACIENDA POTATOES	MENU NOT AVAILABLE			
PEAS AND CARROTS	SHRIMP FRIED RICE	MENU NOT AVAILABLE			
BROCCOLI POLONAISE	LYONNAISE CARROTS	MENU NOT AVAILABLE			
BROWN GRAVY	SPROUTS SUPERBA	MENU NOT AVAILABLE			
HOT ROLLS	CHICKEN GRAVY	MENU NOT AVAILABLE			
GERMAN TOMATO SALAD	HOT ROLLS	MENU NOT AVAILABLE			
MIXED FRUIT SALAD	BROCCOLI SALAD	MENU NOT AVAILABLE			
PASTA SALAD	ITALIAN STYLE PASTA SALAD	MENU NOT AVAILABLE			
FRUIT FLAVORED GELATIN	MARINATED BLACK BEAN SALAD	MENU NOT AVAILABLE			
CRISPITOS	COTTAGE CHEESE & PEACH SALAD	MENU NOT AVAILABLE			
	FRUIT FLAVORED GELATIN	MENU NOT AVAILABLE			
	GLILLED CHICKEN BREAST	MENU NOT AVAILABLE			

