

SALGEL DINING FACILITY

Bldg 1287 HARNEY PATH Rd

Subject to Change Without Notice

Green=Healthier, Yellow=eat moderately

Red=Eat less

Breakfast Weekdays: 0615-0815

Lunch Weekdays: 1100-1300

Dinner Weekdays: 1700-1900

Sunday, November,27 2016	Monday, November 28, 2016	Tuesday, November 29, 2016	Wednesday, November 30, 2016	Thursday, December 1, 2016	Friday, December 2, 2016	Saturday, December 3, 2016
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
CORN CHOWDER	ASIAN STIR FRY SOUP	SPANISH SOUP	CHICKEN GUMBO SOUP	ASIAN STIR FRY SOUP	CREAM OF BROCCOLI SOUP	CURRIED VEGETABLE SOUP
BEEF RICE SOUP	CREAM OF MUSHROOM SOUP	CREAM OF POTATO SOUP	TOMATO BOUILLON SOUP	CREAM OF MUSHROOM SOUP	MINESTRONE SOUP	NEW ENGLAND CLAM CHOWDER
VEGETABLE EGG ROLLS	VEGETABLE PIZZA	BROCCOLI RICE & CHEESE	RICE FRITTATA	VEGETABLE PIZZA	ITALIAN PASTA & BROCCOLI	POTATO & CHEDDAR PIEROGIES
TERIYAKI CHICKEN	HONEY GINGER CHICKEN BREAST	SANTA FE GLAZED CHICKEN BREAST	BREADED PORK STEAK	HONEY GINGER CHICKEN BREAST	BBQ SPARERIBS	BREADED PORK STEAK
SUKIYAKI	MEAT LOAF	ROAST PORK TENDERLOIN	ORIENTAL STEAK	MEAT LOAF	BEEF STIR FRY	BEEF BALL STROGANOFF
CARIBBEAN CATFISH	BARBECUED PORK CHOPS	BEEF STIR FRY	CHICKEN & SHRIMP ALFREDO	BARBECUED PORK CHOPS	BOMBAY CHICKEN	SWEET AND SOUR CHICKEN
ORANGE RICE	GREEK LEMON TURKEY PASTA	STUFFED POLLOCK	SAVORY BAKED CHICKEN	GREEK LEMON TURKEY PASTA	ROAST PORK TENDERLOIN	PAPRIKA BUTTERED POTATOES
PARSLEY BUTTERED POTATOES	PORK FRIED RICE	STEAMED RICE	FRANCONIA POTATOES	PORK FRIED RICE	POTATOES AU GRATIN	MEDITERRANEAN BROWN RICE
ORANGE CARROTS MANDINE	LYONNAISE POTATOES	GARLIC- LEMON ROASTED WEDGES	BAKED MACARONI AND CHEESE	LYONNAISE POTATOES	TOSS GREEN RICE	HERBED BROCCOLI
CORN O'BRIEN	SQUASH AND CARROT MEDLEY	MEXICAN CORN	CAULIFLOWER COMBO	SQUASH AND CARROT MEDLEY	FRIED CABBAGE	CORN AND GREEN BEAN CASSEROLE
BROWN GRAVY	ASPARAGUS	BROCCOLI COMBO	HACIENDA GREEN BEANS	ASPARAGUS	CORN COMBO	BROWN GRAVY
HOT ROLLS	BROWN GRAVY	NATURAL PAN 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	MACARONI SALAD	MEXICAN COLE SLAW	GERMAN TOMATO SALAD	MACARONI SALAD	PASTA SALAD	COTTAGE CHEESE & FRUIT SALAD
CONFETTI RICE SALAD	KIMCHEE SALAD	SPINACH SALAD	MIXED FRUIT SALAD	KIMCHEE SALAD	POTATO SALAD	SPINACH & MUSHROOM SALAD
FRUIT FLAVORED GELATIN	PICKLED GREEN BEAN SALAD	PICKLED BEETS & ONIONS SALAD	PASTA SALAD	PICKLED GREEN BEAN SALAD	COUNTRY STYLE TOMATO SALAD	FRUIT FLAVORED GELATIN
CHOCOLATE PIE	COTTAGE CHEESE & APRICOT SALAD	COTTAGE CHEESE & PEARS SALAD	COTTAGE CHEESE & PINEAPPLE SALAD	COTTAGE CHEESE & APRICOT SALAD	COTTAGE CHEESE & FRUIT COCKTAILS SALAD	CHEESE CAKE
OATMEAL COOKIES	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	CHISPY MARSHMALLOW SQUARES
SPICE CAKE	PECAN PIE	CHERRY PIE	LEMON MERINGUE PIE	PECAN PIE	SWEET POTATO PIE	LEMON POUND CAKE
VANILLA PUDDING	PEANUT BUTTER COOKIES	CHOCOLATE COOKIES	OATMEAL CHOCOLATE CHIP COOKIES	PEANUT BUTTER COOKIES	CHEWY NUT BARS	TAPIOCA PUDDING
SLOPPY JOE	FLORIDA LEMON CAKE	WHITE CAKE	YELLOW CAKE	FLORIDA LEMON CAKE	GINGERBREAD CAKE	PIZZA PEPPERONI
	VANILLA PUDDING	TAPIOCA PUDDING	RICE PUDDING	VANILLA PUDDING	BREAD PUDDING	
	FISHWICH	EGG ROLLS	CRISPITOS	FISHWICH	HOT WINGS	

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

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Red=Eat less

Breakfast Weekdays: 0615-0815

Dinner Weekdays: 1700-1900

Sunday, December 4, 2016	Monday, December 5, 2016	Tuesday, December 6, 2016	Wednesday, December 7, 2016	Thursday, December 8, 2016	Friday, December 9, 2016	Saturday, December 10, 2016
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
CHICKEN RICE SOUP	BEEF NOODLE SOUP	MEXICAN ONION CORN SOUP	OLD FASHIONED BEAN SOUP	PEPPER POT SOUP	TEXAS CHICKEN TORTILLA SOUP	ZESTY BEAN SOUP
NAVY BEAN SOUP	SPILT PEA SOUP	TOMATO SOUP	CHICKEN VEGETABLE SOUP	CHICKEN EGG DROP SOUP	SHRIMP GUMBO SOUP	SPAGHETTI W/ MARINARA SAUCE
CHEESE ENCHILADAS	VEGETABLE EGG ROLLS	VEGETABLE STUFFED PEPPERS	TURKEY NUGGET	POTATO & CURRY	PASTA PRIMAVERA	BEEF AND BROCCOLI
CHEESEBURGER MACARONI	VEAL PARMESAN	TACO	JAEGERSCHNITZEL	CHINESE FIVE SPICE CHICKEN	SOUTHERN FRIED CATFISH	CARIBBEAN CHICKEN BREAST
CANTONESE SPARERIBS	PARMESAN FISH	CHICKEN FAJITAS	SZECHWAN CHICKEN	BBQ BRISKETT	GRILLED STEAK	CREOLE PORK CHOPS
CREOLE SHRIMP	BBQ CHICKEN	GRILLED SALMON FILLETS	ROAST TURKEY	SHRIMP JAMBALAYA	OVEN FRIED CHICKEN	FRANCONIA POTATOES
OVEN -GLO POTATOES	BRAISED BEEF AND NOODLES	CHILI CONQUISTADOR	TERIYAKI BEEF STRIPS	PORK SCHNITZEL	FRIED SHRIMP	RICE WITH PARMESAN CHEESE
SPRING GARDEN RICE	SPROUTS SUPERBA	SOUTHWESTERN RICE	ITALIAN ROASTED POTATOES WEDGES	STEAM RICE	RED BEANS AND RICE	GREEN BEAN CREOLE
LIMA BEANS	LYONNAISE CARROTS	REFRIED BEANS WITH CHEESE	GINGER RICE	HACIENDA POTATOES	MACARONI AND CHEESE	CAULIFLOWER POLONAISE
VEGETABLE STIR FRY	RISSOLE POTATOES	SPANISH STYLE BEANS	ASPARAGUS	SOUTH MEDLEY	SOUTHERN STYLE GREENS	BROWN GRAVY
BROWN GRAVY	NUTTY RICE AND CHEESE	SOUTH OF THE BORDER BROCCOLI	CAULIFLOWER AU GRATIN	CARROT AND CELERY AMANDINE	CORN ON THE COB	HOT ROLLS
HOT ROLLS	CHICKEN GRAVY	TOMATO GRAVY	TURKEY GRAVY	CHICKEN GRAVY	SOUTHERN FRIED OKRA	THREE BEAN SALAD
CUCUMBER & ONIONS	TOASTED GARLIC BREAD	CORN BREAD	HOT ROLLS	HOT ROLLS	BROWN GRAVY	COTTAGE CHEESE & FRUIT SALAD
CABBAGE, APPLE, & RAISIN SALAD	BROCCOLI SALAD	MEXICAN COLE SLAW	GERMAN TOMATO SALAD	MACARONI SALAD	CORN BREAD	SPINACH & MUSHROOM SALAD
CONFETTI RICE SALAD	ITALIAN STYLE PASTA SALAD	SPINACH SALAD	MIXED FRUIT SALAD	KIMCHEE SALAD	PASTA SALAD	FRUIT FLAVORED GELATIN
FRUIT FLAVORED GELATIN	MARINATED BLACK BEAN SALAD	PICKLED BEETS & ONIONS SALAD	PASTA SALAD	PICKLED GREEN BEAN SALAD	POTATO SALAD	CHEESE CAKE
CHOCOLATE PIE	COTTAGE CHEESE & PEACH SALAD	COTTAGE CHEESE & PEARS SALAD	COTTAGE CHEESE & PINEAPPLE SALAD	COTTAGE CHEESE & APRICOT SALAD	COUNTRY STYLE TOMATO SALAD	CONGO BARS
SUGAR COOKIES	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	COTTAGE CHEESE & FRUIT COCKTAILS SALAD	STRAWBERRY CAKE
GERMAN CHOCOLATE CAKE	APPLE PIE	CHERRY PIE	LEMON MERINGUE PIE	PECAN PIE	FRUIT FLAVORED GELATIN	RICE PUDDING
VANILLA PUDDING	DOUBLE CHOCOLATE CHIP COOKIES	LEMON COOKIES	HERMITS	SNICKERDOODLE COOKIES	SWEET POTATO PIE	TAMALES
CORN DOGS	ORANGE CAKE	MARBLE CAKE	PEANUT BUTTER CAKE	PINEAPPLE UPSIDE DOWN CAKE	OATMEAL COOKIES	
	BUTTERSOTCH PUDDING	CHOCOLATE PUDDING	VANILLA PUDDING	BREAD PUDDING	SPICE CAKE	
	BREADED CHICKEN BREAST	TAQUITOS	BURRITOS	PHILLY STEAK	TAPIOCA PUDDING	
					BREADED DRUMETTES	

Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
CHEESE RAVIOLI W/MARINARA	VEGETABLE CURRY W/RICE	CHEESE TORTELLINI W/MARINARA	VEGETABLE LASAGNA	MUSHROOMS TORTELLINI & MARINARA	VEGETABLE LASAGNA	VEGETABLE BURRITOS
YANKEY POT ROAST	CHICKEN & ITALIAN VEGETABLE PASTA	MEXICAN BAKED CHICKEN BREAST	BEEF STROGANOFF	ORIENTAL TUNA PATTIES	ROAST BEEF	ITALIAN RICE AND BEEF
CHICKEN PARMESAN	SWISS STEAK WITH BROWN GRAVY	TURKEY POT PIE	PORK CHOP SUEY	SEAFOOD NEWBURG	BAKED FISH WITH GARLIC BUTTER	BBQ HAM STEAK
SPICY BAKED FISH	SHRIMP JAMBALAYA	GRILLED FISH WITH MINT & HON GLAZE	HERBED BAKED CHICKEN	MAMBO PORK ROAST	BAKED CHICKEN AND NOODLES	MUSTARD-DILL BAKED FISH
GARLIC ROASTED WEDGES	BBQ PORK LOIN	PORK CHOPS WITH APPLE RINGS	ORIENTAL STEAK	SWEDISH MEATBALLS	PORK ADOBO	ROASTED PEPPER POTATOES
BUTTERED NOODLES	SCALLOPED POTATOES	LYONNAISE RICE	BOILED PASTA	POTATO AU GRATIN	PORK FRIED RICE	TOSS GREEN RICE
ORANGE CARROTS MANDINE	SICILIAN BROWN RICE AND VEGETABLES	COTTAGE FRIED POTATOES	SPICY BROWN RICE PILAF	WILD RICE	O'BRIEN POTATOES	SUCCOTASH
CORN O'BRIEN	CALICO CORN	PEAS AND CARROTS	CALICO CORN	CORN ON COB	HACIENDA CORN AND BLACK BEANS	COLLARD GREENS
NATURAL PAN GRAVY	HERBED GREEN BEANS	CAULIFLOWER AU GRATIN	GREEN BEANS WITH MUSHROOM	SEASAME GLAZED GREEN BEANS	HERBED BROCCOLI	BROWN GRAVY
CORN BREAD	CREAM ONION GRAVY	BROWN GRAVY	BROWN GRAVY	BROWN GRAVY	CHICKEN GRAVY	HOT ROLLS
CUCUMBER & ONIONS	HOT ROLLS	HOT ROLLS	HOT ROLLS	HOT ROLLS	HOT ROLLS	THREE BEAN SALAD
CABBAGE, APPLE, & RAISIN SALAD	BROCCOLI SALAD	MEXICAN COLE SLAW	GERMAN TOMATO SALAD	MACARONI SALAD	PASTA SALAD	COTTAGE CHEESE & FRUIT 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
CORN DOGS	COTTAGE CHEESE & PEACH SALAD	COTTAGE CHEESE & PEARS SALAD	COTTAGE CHEESE & PINEAPPLE SALAD	COTTAGE CHEESE & APRICOT SALAD	COTTAGE CHEESE & FRUIT COCKTAILS SALAD	TAMALES
	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	
	BREADED CHICKEN BREAST	TAQUITOS	BURRITOS	PHILLY STEAK	BREADED DRUMETTES	

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Breakfast Weekdays: 0615-0815

Lunch Weekdays: 1100-1300

Dinner Weekdays: 1700-1900

Sunday, December 11, 2016	Monday, December 12, 2016	Tuesday, December 13, 2016	Wednesday, December 14, 2016	Thursday, December 15, 2016	Friday, December 16, 2016	Saturday, December 17, 2016
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
CORN CHOWDER	BEEF BARLEY SOUP	SPANISH SOUP	CHICKEN GUMBO SOUP	ASIAN STIR FRY SOUP	TURKEY VEGETABLE SOUP	VEGETABLE SOUP
BEEF RICE SOUP	CHICKEN CORN CHOWDER	CREAM OF POTATO SOUP	TOMATO RICE SOUP	CREAM OF MUSHROOM SOUP	MINESTRONE SOUP	NEW ENGLAND FISH CHOWDER
CHEESE MANICOTT I & MARINARA	POTATO FRITTATA	SPINACH & GARLIC TORTELLINI	CHEESE RAVIOLI W/ MARINARA SAUCE	VEGETABLE CURRY W/RICE	CHEESE TORTELLINI W/ AFREDO SAUCE	TURKEY NUGGETS
TERIYAKI CHICKEN	PASTA W/ ITALIAN SAUSAGE	ENCHILADAS	APPLE GLAZED CORNED BEEF	TERIYAKI BEEF STRIPS	MEATLOAF	BAKED KNOCKWURST SAUERKRAUT
BAKED ITALIAN SAUSAGE	HONEY LEMON CHICKEN BREAST	ROAST PORK TENDERLOIN	CREOLE FISH FILLETS	SALISBURY STEAK	SPAGHETTI W/ MEATBALL	BEEF PORCUPINES
CARIBBEAN CATFISH	PEPPER STEAK	MONGOLIAN BBQ	COUNTRY STYLE STEAK	SWEET AND SOUR PORK	BAKED HAM	CHICKEN TETRAZZINI
ORANGE RICE	PORK CHOPS WITH APPLE RINGS	SAVORY BAKED CHICKEN	CHILI MACARONI W/CHEESE	BRAISE BEEF AND NOODLES	ONION-LEMON BAKED FISH	FRANCONIA POTATOES
PARSLEY BUTTERED POTATOES	HACIENDA POTATOES	NOODLES JEFFERSON	POTATOES AND HERBS	BROWN RICE WITH TOMATOES	MASHMALLOW SWEET POTATOES	RICE WITH PARMESAN CHEESE
CLUB SPINACH	SHRIMP FRIED RICE	BROWN RICE	GARLIC CHEESE POTATOES	LYONNAISE POTATOES	HOPPING JOHN	GREEN BEAN NICOISE
SUCCOTASH	LYONNAISE CARROTS	HACIENDA CORN AND BLACK BEANS	TANGY SPINACH	SQUASH AND CARROT MEDLEY	FRENCH FRIED OKRA	STEWED TOMATOES
BROWN GRAVY	SPROUTS SUPERBA	HERBED BROCCOLI	CREOLE SUMMER SQUASH	ORIENTAL STIR FRY CABBAGE	ORIENTAL STIR-FRY CABBAGE	BROWN GRAVY
HOT ROLLS	CHICKEN GRAVY	TURKEY GRAVY	COUNTRY GRAVY	BROWN GRAVY	BROWN 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	COTTAGE CHEESE & FRUIT 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
CHOCOLATE PIE	COTTAGE CHEESE & PEACH SALAD	COTTAGE CHEESE & PEARS SALAD	COTTAGE CHEESE & PINEAPPLE SALAD	COTTAGE CHEESE & APRICOT SALAD	COTTAGE CHEESE & FRUIT COCKTAILS SALAD	CHEESE CAKE
CHOCOLATE COOKIES	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	PEANUT BUTTER COOKIES
WHITE CAKE	APPLE PIE	CHERRY PIE	LEMON MERINGUE PIE	PECAN PIE	SWEET POTATO PIE	FLORIDA LEMON CAKE
BUTTERSCOTCH PUDDING	OATMEAL CHOCOLATE CHIP COOKIES	PEANUT BUTTER BROWNIES	CHOCOLATE CHIP COOKIES	BUTTERSCOTCH BROWNIES	OATMEALS RAISIN COOKIES	BUTTERSCOTCH PUDDING
SLOPPY JOE	YELLOW CAKE	ANGEL FOOD CAKE	BANANA CAKE	CARROT CAKE	DEVIL'S FOOD CAKE	PIZZA PEPPERONI
	CHOCOLATE PUDDING	VANILLA PUDDING	BREAD PUDDING	TAPIOCA PUDDING	RICE PUDDING	
	GLILLED CHICKEN BREAST	EGG ROLLS	CRISPITOS	FISHWICH	HOT WINGS	

Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
POTATO & CURRY	ITALIAN PASTA & BROCCOLI	POTATO & CHEDDAR PIEROGIES	CHEESE ENCHILADAS	VEGETABLE EGG ROLLS	VEGETABLE STUFFED PEPPERS	VEGETABLE BURRITOS
CHICKEN AND DUMPLING	PIZZA	FIESTA CHICKEN	CREOLE PORK STEAK	FRENCH FRIED FISH PORTIONS	BAKED STUFFED SALMON	BREADED PORK STEAK
SALMON GINGER TERIYAKI	BLACKENED CATFISH	CHICKEN & DUMPLINGS	HAMBURGER YAKISOBA	PORK CHOP SUEY	CAJUN ROAST BEEF	BBQ HAM
CREOLE MACARONI	OVEN FRIED CHICKEN FILLETS	ROAST BEEF	SPARERIBS AND SAUERKRAUT	CHICKEN BREAST IN ORANGE SAUCE	PINEAPPLE CHICKEN	SWEET AND SOUR CHICKEN
ITALIAN ROASTED POTATOES	BBQ MEATBALLS	VEAL PAPRIKA	CHICKEN CORDON BLEU	GREEK LEMON TURKEY PASTA	ITALIAN STYLE VEAL STEAKS	PAPRIKA BUTTERED POTATOES
PASTA PROVENCAL	POTATOES AU GRATIN	MEXICAN RICE	ROASTED PEPPER POTATOES	STEAMED RICE	ROSEMARY ROASTED POTATO WEDGES	MEDITERRANEAN BROWN RICE
ORANGE CARROTS MANDINE	ISLANDER'S RICE	MASHED POTATOES	RICE PILAF	OVEN BROWN	WILD RICE	PEAS WITH MUSHROOMS
CORN O'BRIEN	CORN ON THE COB	PEAS W/ CELERY	SUCCOTASH	OKRA AND TOMATO GUMBO	MIXED VEGETABLE	CORN AND GREEN BEAN CASSEROLE
CHICKEN GRAVY	GREEN BEANS WITH MUSHROOMS	CAULIFLOWER PRAMESAN	CALICO CABBAGE	CORN COMBO	CAULIFLOWER AU GRATIN	BROWN GRAVY
HOT ROLLS	BROWN GRAVY	BROWN GRAVY	CHICKEN GRAVY	BROWN GRAVY	BROWN GRAVY	HOT ROLLS
CUCUMBER & ONIONS	HOT ROLLS	HOT ROLLS	HOT ROLLS	HOT ROLLS	HOT ROLLS	THREE BEAN SALAD
CABBAGE, APPLE, & RAISIN SALAD	BROCCOLI SALAD	MEXICAN COLE SLAW	GERMAN TOMATO SALAD	MACARONI SALAD	PASTA SALAD	COTTAGE CHEESE & FRUIT 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	COTTAGE CHEESE & PEACH SALAD	COTTAGE CHEESE & PEARS SALAD	COTTAGE CHEESE & PINEAPPLE SALAD	COTTAGE CHEESE & APRICOT SALAD	COTTAGE CHEESE & FRUIT COCKTAILS SALAD	PIZZA PEPPERONI
	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	
	GLILLED CHICKEN BREAST	EGG ROLLS	CRISPITOS	FISHWICH	HOT WINGS	

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Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
TOMATO RICE SOUP	ONION SOUP	MEXICAN ONION CORN SOUP	KNICKERBOCKER SOUP	PEPPER POT SOUP	TEXAS CHICKEN TORTILLA SOUP	FRENCH ONION SOUP
LENTIL VEGETABLE SOUP	TOMATO SOUP	TORTELLINI SOUP	CHICKEN VEGETABLE SOUP	CHICKEN EGG DROP SOUP	SHRIMP GUMBO SOUP	ZESTY BEAN SOUP
TORTELLINI W/ MARINARA SAUCE	VEGETABLE LASAGNA	VEGETABLE BURRITOS	VEGETABLE PIZZA	ITALIAN PASTA & BROCCOLI	POTATO & CHEDDAR PIEROGIES	CHEESE ENCHILADAS
BEEF POT ROAST	VEAL PARMESAN	TAMALE PIE	SAUERBRATEN	SWEET AND SOUR PORK	SOUTHERN FRIED CHICKEN	VEGETABLE BURRITOS
CHICKEN PARMESAN	BEEFBALLS STROGANOFF	CHICKEN & DUMPLINGS	LEMON BAKED FISH	SEAFOOD NEWBURG	BLACKENED CATFISH	ITALIAN RICE AND BEEF
CREOLE SHRIMP	SOUTHERN FRIED CATFISH FILLETS	SUKIYAKI	OVEN BAKED CHICKEN	MAMBO PORK ROAST	GRILLED STEAK	VEAL PAPRIKA STEAK
GARLIC ROASTED WEDGES	HERBED BAKED CHICKEN BREAST	GRILLED KNOCKWURST	ORIENTAL STEAK	SWEDISH MEATBALLS	FRIED SHRIMP	MUSTARD-DILL BAKED FISH
BUTTERED NOODLES	RICE W/ PARMESAN CHEESE	LYONNAISE RICE	STEAM RICE	POTATO AU GRATIN	MACARONI AND CHEESE	ROASTED PEPPER POTATOES
ORANGE CARROTS MANDINE	HACIENDA POTATOES	COTTAGE FRIED POTATOES	COTTAGE FRIED POTATOES	ISLANDER'S RICE	GLAZED SWEET POTATO	RICE PILAF
CORN O'BRIEN	PEAS WITH ONIONS	PEAS AND CARROTS	CLUB SPINACH	JAPANESE VEGETABLE STIR FRY	SOUTHERN STYLE GREENS	SUCCOTASH
NATURAL PAN GRAVY	BRUSSELS SPROUTS POLONAISE	BROCCOLI COMBO	CALICO CORN	HARVARD BEETS	FRIED CABBAGE	CALICO CABBAGE
CORN BREAD	CHICKEN GRAVY	BROWN GRAVY	BROWN GRAVY	NATURAL PAN GRAVY	BROWN GRAVY	BROWN GRAVY
CUCUMBER & ONIONS	HOT ROLLS	HOT ROLLS	HOT ROLLS	HOT ROLLS	HOT ROLLS	HOT ROLLS
CABBAGE, APPLE, & RAISIN SALAD	BROCCOLI SALAD	MEXICAN COLE SLAW	GERMAN TOMATO SALAD	MACARONI SALAD	PASTA SALAD (USE BOWTIE)	THREE BEAN SALAD
CONFETTI RICE SALAD	ITALIAN STYLE PASTA SALAD	SPINACH SALAD	MIXED FRUIT SALAD	KIMCHEE SALAD	POTATO SALAD	COTTAGE CHEESE & FRUIT SALAD
FRUIT FLAVORED GELATIN	MARINATED BLACK BEAN SALAD	PICKLED BEETS & ONIONS SALAD	PASTA SALAD	PICKLED GREEN BEAN SALAD	COUNTRY STYLE TOMATO SALAD	SPINACH & MUSHROOM SALAD
CHOCOLATE PIE	COTTAGE CHEESE & PEACH SALAD	COTTAGE CHEESE & PEARS SALAD	COTTAGE CHEESE & PINEAPPLE SALAD	COTTAGE CHEESE & APRICOT SALAD	COTTAGE CHEESE & FRUIT COCKTAILS SALAD	FRUIT FLAVORED GELATIN
CHEWY NUT BARS	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	SWEET POTATO PIE	CHEESE CAKE
STRAWBERRY SHORT CAKE	APPLE PIE	CHERRY PIE	LEMON MERINGUE PIE	PECAN PIE	HERMITS	SNICKERDOODLE COOKIES
CHOCOLATE PUDDING	CRISPY MARSHMALLOW SQUARES	SUGAR COOKIES	DOUBLE CHOCOLATE CHIP COOKIES	LEMON COOKIES	PEANUT BUTTER CAKE	PINEAPPLE UPSIDE DOWN CAKE
CORN DOGS	LEMON POUND CAKE	GERMAN CHOCOLATE CAKE	ORANGE CAKE	MARBLE CAKE	BUTTERSOTCH PUDDING	CHOCOLATE PUDDING
	VANILLA PUDDING	BREAD PUDDING	TAPIOCA PUDDING	RICE PUDDING	BREADED DRUMETTES	TAMALES
	BREADED CHICKEN BREAST	TAQUITOS	BURRITOS	PHILLY STEAK		

Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
POTATO & CURRY	PASTA PRIMAVERA	SPAGHETTI W/ MARINARA SAUCE	CHEESE MANICOTTI W/ ALFEDO SAUCE	POTATO FRITTATA	SPINACH & GARLIC TORTELLINI W/ SAUCE	CHEESE RAVIOLI W/ MARINARA
CHEESEBURGER MACARONI	CHICKEN TETRAZZINI	TACO	JAEGERSCHNITZEL	TERIYAKI STEAK	PORK CHOPS WITH MUSHROOM GRAVY	BEEF AND BROCCOLI
SWEET AND SOUR SPARERIBS	PARMESAN FISH	BEEF FAJITAS	SZECHWAN CHICKEN	HOT AND SPICY CHICKEN	SPAGHETTI W/ MEAT SAUCE	CARIBBEAN CHICKEN BREAST
CARIBBEAN CATFISH	BBQ CHICKEN	GRILLED SALMON FILLETS	ROAST TURKEY	HERBED BAKED FISH	GRILLED HAM STEAK	CREOLE PORK CHOPS
OVEN -GLO POTATOES	SWISS STEAK WITH BROWN GRAVY	CHILI CONQUISTADOR	TERIYAKI BEEF STRIPS	SALISBURY STEAK	CAJUN BAKE FISH	FRANCONIA POTATOES
SPRING GARDEN RICE	SPROUTS SUPERBA	SOUTHWESTERN RICE	ITALIAN ROASTED POTATOES WEDGES	STEAMED RICE	ROSEMARY ROASTED POTATO WEDGES	RICE WITH PARMESAN CHEESE
LIMA BEANS	LYONNAISE CARROTS	REFRIED BEANS WITH CHEESE	GINGER RICE	OVEN BROWN	FILIPINO RICE	GREEN BEAN CREOLE
VEGETABLE STIR FRY	RISSOLE POTATOES	SPANISH STYLE BEANS	ASPARAGUS	OKRA AND TOMATO GUMBO	MIXED VEGETABLE	CAULIFLOWER POLONAISE
BROWN GRAVY	NUTTY RICE AND CHEESE	SOUTH OF THE BORDER BROCCOLI	CAULIFLOWER AU GRATIN	CORN COMBO	BEETS IN ORANGE-LEMON SAUCE	BROWN GRAVY
HOT ROLLS	CHICKEN GRAVY	TOMATO GRAVY	TURKEY GRAVY	BROWN GRAVY	BROWN GRAVY	HOT ROLLS
CUCUMBER & ONIONS	TOASTED GARLIC BREAD	CORN BREAD	HOT ROLLS	HOT ROLLS	TOASTED GARLIC BREAD	COTTAGE CHEESE & FRUIT SALAD
CABBAGE, APPLE, & RAISIN SALAD	ITALIAN STYLE PASTA SALAD	MEXICAN COLE SLAW	GERMAN TOMATO SALAD	MACARONI SALAD	PASTA SALAD	SPINACH & MUSHROOM SALAD
CONFETTI RICE SALAD	MARINATED BLACK BEAN SALAD	SPINACH SALAD	MIXED FRUIT SALAD	KIMCHEE SALAD	POTATO SALAD	FRUIT FLAVORED GELATIN
FRUIT FLAVORED GELATIN	COTTAGE CHEESE & PEACH SALAD	PICKLED BEETS & ONIONS SALAD	PASTA SALAD	PICKLED GREEN BEAN SALAD	COUNTRY STYLE TOMATO SALAD	TAMALES
CORN DOGS	FRUIT FLAVORED GELATIN	COTTAGE CHEESE & PEARS SALAD	COTTAGE CHEESE & PINEAPPLE SALAD	COTTAGE CHEESE & APRICOT SALAD	COTTAGE CHEESE & FRUIT COCKTAILS SALAD	
	BREADED CHICKEN BREAST	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	
		TAQUITOS	BURRITOS	PHILLY STEAK	BREADED DRUMETTES	

SALGEL DINING FACILITY

Bldg 1287 HARNEY PATH Rd

Subject to Change Without Notice

Breakfast Weekdays: 0615-0815	Federal Holiday Hours		Lunch Weekdays: 1100-1300		Dinner Weekdays: 1700-1900		Red=Eat less
Monday, December 25, 2016	Monday, December 26, 2016	Tuesday, December 27, 2016	Wednesday, December 28, 2016	Thursday, December 29, 2016	Friday, December 30, 2016	Saturday, December 31, 2016	
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Merry Christmas	BEEF BARLEY SOUP	SPANISH SOUP	CHICKEN GUMBO SOUP	BEEF BARLEY SOUP	CORN CHOWDER	CREAM OF BROCCOLI SOUP	
	CHICKEN CORN CHOWDER	CREAM OF POTATO SOUP	TOMATO BOUILLON SOUP	CHICKEN CORN CHOWDER	BEEF RICE SOUP	MINISTRONE SOUP	
	VEGETABLE STUFFED PEPPERS	BROCCOLI RICE & CHEESE	RICE FRITTATA	MUSHROOMS TORTELLINI w/MARINARA sauce	VEGETABLE EGG ROLLS	ITALIAN PASTA & BROCCOLI	
	BAKED ITALIAN SAUSAGE	SANTA FE GLAZED CHICKEN BREAST	BREADED PORK STEAK	LASAGNA	TERIYAKI CHICKEN	BBQ SPARERIBS	
	CHALUPA	ROAST PORK TENDERLOIN	ORIENTAL STEAK	BLACKENED CATFISH	SUKIYAKI	BEEF STIR FRY	
	CHICKEN FAJITAS	BEEF STIR FRY	CHICKEN & SHRIMP ALFREDO	MAMBO PORK ROAST	CARIBBEAN CATFISH	BOMBAY CHICKEN	
	DIJON BAKED PORK CHOPS	STUFFED POLLOCK	SAVORY BAKED CHICKEN	SWEDISH MEATBALLS	ORANGE RICE	ROAST PORK TENDERLOIN	
	JEFFERSON NOODLES	STEAMED RICE	FRANCONIA POTATOES	POTATO AU GRATIN	PARSLEY BUTTERED POTATOES	POTATOES AU GRATIN	
	ROASTED PEPPER POTATOES	GARLIC- LEMON ROASTED WEDGES	BAKED MACARONI AND CHEESE	ISLANDER'S RICE	ORANGE CARROTS MANDINE	TOSS GREEN RICE	
	SWEET PEAS	MEXICAN CORN	CAULIFLOWER COMBO	CORN ON COB	CORN O'BRIEN	FRIED CABBAGE	
	ORIENTAL STIR-FRY CABBAGE	BROCCOLI COMBO	HACIENDA GREEN BEANS	SEASAME GLAZED GREEN BEANS	BROWN GRAVY	CORN COMBO	
	BROWN GRAVY	NATURAL PAN GRAVY	BROWN GRAVY	BROWN GRAVY	HOT ROLLS	CHICKEN GRAVY	
	HOT ROLLS	HOT ROLLS	HOT ROLLS	HOT ROLLS	CUCUMBER & ONIONS	CORN BREAD	
	BROCCOLI SALAD	MEXICAN COLE SLAW	GERMAN TOMATO SALAD	BROCCOLI SALAD	CABBAGE, APPLE, & RAISIN SALAD	PASTA SALAD	
	ITALIAN STYLE PASTA SALAD	SPINACH SALAD	MIXED FRUIT SALAD	ITALIAN STYLE PASTA SALAD	CONFETTI RICE SALAD	POTATO SALAD	
CLASSIC HUMMUS	MARINATED BLACK BEAN SALAD	PICKLED BEETS & ONIONS SALAD	PASTA SALAD	MARINATED BLACK BEAN SALAD	FRUIT FLAVORED GELATIN	COUNTRY STYLE TOMATO SALAD	
ASSORTED CRACKERS	COTTAGE CHEESE & PEACH SALAD	COTTAGE CHEESE & PEARS SALAD	COTTAGE CHEESE & PINEAPPLE SALAD	COTTAGE CHEESE & PEACH SALAD	CHOCOLATE PIE	COTTAGE CHEESE & FRUIT COCKTAIL	
SPARKLING ASSORTED JUICES	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	OATMEAL COOKIES	FRUIT FLAVORED GELATIN	
HOLIDAY WALDORF SALAD	APPLE PIE	CHERRY PIE	LEMON MERINGUE PIE	APPLE PIE	SPICE CAKE	SWEET POTATO PIE	
SPICY SHRIMP & COCKTAIL SAUCE	CONGO BARS	CHOCOLATE COOKIES	OATMEAL CHOCOLATE CHIP COOKIES	BUTTERSCOTCH BROWNIES	VANILLA PUDDING	CHEWY NUT BARS	
ROLLS & CROSSANTS	STRAWBERRY CAKE	WHITE CAKE	YELLOW CAKE	BANANA CAKE	SLOPPY JOE	GINGERBREAD CAKE	
SOFT CREAM CHEESE SPREADS	BREAD PUDDING	TAPIOCA PUDDING	RICE PUDDING	RICE PUDDING		BREAD PUDDING	
HONEY GLAZED BAKED SALMON	GLILLED CHICKEN BREAST	EGG ROLLS	CRISPITOS	GLILLED CHICKEN BREAST		HOT WINGS	
ROAST TURKEY W/ GRAVY							
CARVED ROAST BEEF W/ GRAVY							
BAKED HAM W/ PINEAPPLE							
MASHED POTATOES							
SWEET POTATO CASSEROLE							
SAVORY BREAD DRESSING							
ROASTED ACORN SQUASH							
SEASONED COLLARD GREENS							
GLAZED CARROTS							
GREEN BEAN CASSEROLE							
FRESH SALAD BAR	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
ASSORTED DRESSINGS	CHEESE TORTELLINI W/ AFREDO SAUCE	CHEESE RAVIOLI W/MARINARA SAUCE	VEGETABLE PIZZA	CAULIFLOWER POTATO AND CURRY	VEGETABLE CURRY W/RICE	POTATO FRITTATA	
CUT-UP FRESH FRUITS	PASTA W/ ITALIAN SAUSAGE	CHICKEN RANCHERO	SWEDISH MEATBALLS	PIZZA	CHICKEN AND DUMPLING	PORK CHOPS w/ MUSHROOM GRAVY	
CRANBERRY SAUCE	HONEY LEMON CHICKEN BREAST	BAKED FISH AMANDINE	BRAISED SPARERIBS	HONEY LEMON CHICKEN BREAST	SALMON GINGER TERIYAKI	SPAGHETTI W/ MEAT SAUCE	
CHERRY TOPPED CHEESECAKE	PEPPER STEAK	MEAT LOAF	BAKED CHICKEN & RICE	PEPPER STEAK	CREOLE MACARONI	GRILLED HAM STEAK	
HOLIDAY COOKIES	PORK CHOPS WITH APPLE RINGS	SHRIMP SCAMPI	WHITE FISH WITH MUSHROOM	GRILLED PORK CHOPS	ITALIAN ROASTED POTATOES	CAJUN BAKE FISH	
DUTCH APPLE PIE	HACIENDA POTATOES	MASHED POTATOES	RED BEANS AND RICE	SPICY BROWN RICE PILAF	PASTA PROVENCAL	ROSEMARY ROASTED WEDGES	
CHERRY-LIME GELATIN SALAD	SHRIMP FRIED RICE	JASMINE RICE	O'BRIEN POTATOES	HACIENDA POTATOES	CLUB SPINACH	FILIPINO RICE	
PECAN PIE, PEACH COBBLER	LYONNAISE CARROTS	WINTER MIXED VEGETABLES	HONEY DIJON VEGETABLES	BRUSSELS SPROUTS PARMESAN	SUCCOTASH	MIXED VEGETABLE	
HARD CANDY, CANDY CANE	SPROUTS SUPERBA	ASPARAGUS	BROCCOLI POLONAISE	GLAZED CARROTS	CHICKEN GRAVY	BEETS IN ORANGE-LEMON SAUCE	
MIXED NUTS	CHICKEN GRAVY	GRAVY	BROWN GRAVY	BROWN GRAVY	HOT ROLLS	BROWN GRAVY	
BEVERAGES	HOT ROLLS	GARLIC BREAD	HOT ROLLS	CORN BREAD	CUCUMBER & ONIONS	TOASTED GARLIC BREAD	
	BROCCOLI SALAD	MEXICAN COLE SLAW	GERMAN TOMATO SALAD	BROCCOLI SALAD	CABBAGE, APPLE, & RAISIN SALAD	PASTA SALAD	
	ITALIAN STYLE PASTA SALAD	SPINACH SALAD	MIXED FRUIT SALAD	ITALIAN STYLE PASTA SALAD	CONFETTI RICE SALAD	POTATO SALAD	
HAPPY HOLIDAYS 2016	MARINATED BLACK BEAN SALAD	PICKLED BEETS & ONIONS SALAD	PASTA SALAD	MARINATED BLACK BEAN SALAD	FRUIT FLAVORED GELATIN	COUNTRY STYLE TOMATO SALAD	
FROM JBSA FT. SAM HOUSTON	COTTAGE CHEESE & PEACH SALAD	COTTAGE CHEESE & PEARS SALAD	COTTAGE CHEESE & PINEAPPLE SALAD	COTTAGE CHEESE & PEACH SALAD	SLOPPY JOE	COTTAGE CHEESE & FRUIT COCKTAIL	
FOOD SERVICE FAMILY	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN	FRUIT FLAVORED GELATIN		FRUIT FLAVORED GELATIN	
	GLILLED CHICKEN BREAST	EGG ROLLS	CRISPITOS	GLILLED CHICKEN BREAST		HOT WINGS	