



Ronald L. King Dining Facility

JANUARY DINNER MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Jerk Roast Turkey Grilled Salmon w/ Citrus Butter Lasagna Baked Sweet Potatoes Steamed Rice Pease & Carrots Fries cauliflower Succotash	2 Baked Chicken Lemon Basil Shrimp Pasta Ground Beef Enchiladas Franconia Potatoes Brown Rice Roasted Butternut Squash Corn Combo Black Eyed Peas	3 Asian BBQ Turkey Eggplant Parmesan Braised Beef & Noodles Harvest Blend Rice Garlic Mashed Potatoes Japanese Vegetable Stir Fry Brussel Sprouts Green beans w/ Feta
4 Spaghetti w/ Turkey Meat sauce Southwestern Sweet potatoes Black Beans & Corn Stuffed Baked Pork Chops Jefferson Noodles Quinoa Garden Pilaf Greek Style Grilled vegetables Broccoli Carrots	5 Honey Mustard Chicken Breast Hot Italian Sausage Sandwich Beef Fajitas Potatoes & Herbs Fried Rice w/ Eggs Hacienda Green beans Vegetable Medley Glazed Carrots	6 Grilled Honey Sriracha Chicken Shrimp Scampi Mexican Pork Chops Franconia potatoes Spicy Brown Pilaf Rice Harvest Veg& Bean Ragout Corn on the Cobb Cauliflower	7 Stir Fry Chicken w/ Broccoli Cheese Manicotti BBQ Beef Cubes Spanish Rice Barley w/ Winter Vegetables Spanish Style Beans Carrots on the Griddle Succotash	8 Chicken Cacciatore Lasagna Stuffed Baked Fish Roasted Rosemary Potato Wedge Brown Rice w/ Tomato Hacienda Corn & Black Beans Roasted carrots w/ Rosemary Mediterranean Grilled Asparagus	9 Stuffed Green Peppers w/ Turkey & Lentils Broccoli Quiche Roast Beef Hopping John Rice Glazed Sweet Potatoes Green Beans w/ Mushrooms Con Combo Broccoli Combo	10 Jerk Roast Turkey BBQ Brisket Grilled Pork Chops Quinoa Southwest Pilaf Rissolo Potatoes Savoy Style Beans Mediterranean Lima Beans Corn Combo
11 Marinated Tomatoes w/ Penne & Basil Cajun Chicken Beef Stew Garlic Mashed Potatoes Long Grain & Wild Rice Green Beans Spinach Savory Summer Squash	12 Baked Florentine Turkey Braised Beef & Noodles Sweet & Spicy Orange Salmon Baked Potato Oriental Rice Peas Tempura Vegetables Oriental Stir Fry Cabbage	13 Fish Onion-Lemon Baked Ground Turkey Lasagna Yankee Pot Roast Orzo w/ Lemon & herbs Baked Sweet Potatoes Corn Green Beans w/ Feta Roasted Carrots w/ Rosemary	14 Honey Ginger Chicken Tuna Noodles Cantonese Spareribs Sweet potatoes Southern Styles Spicy Brown Pilaf Rice Honey Glazed Pea Pods & carrots Japanese Stir Fry Vegetables Creamed Corn	15 Chili Mac Baked Chicken Oven Fried Fish Rice Pilaf Crispy Potato Wedges Harvest Beets Black Eyed Peas French Style Peas	16 Beef Stir Fry Salmon w/ Maple Ginger Glaze Chicken Bulgogi O'Brien Potatoes Brown Rice Garlic Peas Mixed Vegetables Fried Cauliflower	17 Bourbon Chicken Baked Dijon Pork Chops Shrimp Jambalaya Baked Mac& Cheese Red Beans & Rice Mexican Corn Cajun Style Vegetables Sautéed Collard Greens w/ Garlic
18 Caribbean Chicken Breast Meat Loaf Eggplant Parmesan Mashed potatoes Island Rice Cauliflower Parmesan Grilled Asparagus Corn Combo	19 Mr. Z's baked chicken Baja Baked Cod Cheese Tortellini w/ Marinara Parmesan Rice Buttered parsley Potatoes Summer Squash Peas & Carrots Green Beans w/ Mushroom	20 Savory Baked Chicken Almond Crusted Cod Grilled Steak Harvest Blend Rice Sweet Potatoes Southern Style Mushroom Rosemary Corn on the Cobb Spinach Club	21 Herbed Baked chicken Creole Shrimp Pepper Steak Scalloped Potatoes Brown Rice w/Tomato Carrots Curried Cauliflower Corn Calico	22 Asian BBQ Turkey Baked Fish w/ Lemon Garlic Butter Teriyaki Pork Steak Chicken Gravy Buttered Egg Noodles Roasted Redskin Potatoes Herbed Green Beans Asparagus Roasted Brussel Sprouts	23 Honey Ginger Chicken Cheese Manicotti Polish Sausage Spicy Brown Pilaf Rice Garlic mashed potatoes Succotash Sautéed Collard Greens w/ Garlic Stewed tomatoes	24 Chicken Parmesan Cajun Baked Fish Sweet Chili BBQ Meatballs Barley Pilaf Jefferson Noodles Roasted Zucchini Squash & Tomatoes Corn O'Brien Okra Mélange
25 Baked Turkey and Noodles Baja Fish Tacos Ranchero Steak Turkey Gravy Southwestern Rice Quinoa Southwest Pilaf Hacienda Corn & Black Beans Spanish Style Beans Mixed Vegetables	26 Basil Baked Fish Stir Fries Garden Vegetables Marinated tofu & Brown rice Beef Bulgogi Potatoes & Herbs Couscous w/ Artichokes, Feta, & Sun-Dried Tomatoes Braised cabbage Cauliflower Combo Sesame Glazed Green Beans	27 Spicy Chicken Shawarma Mediterranean Quinoa cakes Baked Salmon Brown Rice w/ Vegetables Sicilian Orzo w/ Lemon & Herbs Olive-Oil Braised carrots w/ Warm Spices Greek Style Grilled Vegetables Peas w/ Mushrooms & Onions	28 Turkey & Spinach Meatloaf Pork Roast Tenderloin Swiss Steak w/ brown Gravy Quinoa Garden Pilaf Buttered Egg Noodles French style Peas Country style vegetables Summer Squash	29 BBQ Chicken Beef Yakisoba Lemon Baked Fish Southwestern Rice Oven Brownded Potatoes Broccoli Polonaise Corn on the Cobb Boston Baked Beans	30 Baked Chicken Lemon Basil Shrimp Pasta Ground Beef Enchiladas Franconia Potatoes Brown Rice Roasted Butternut Squash Corn Combo Black Eyed Peas	31 Turkey Lentil Chili Shrimp Stir Fry Braised Spareribs Crispy Potatoes Wedges Steamed Rice Collard Greens Savory Style Beans Cauliflower combo