



Ronald L. King Dining Facility

JANUARY LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 BBQ Chicken Beef Yakisoba Lemon Baked Fish Southwestern Rice Oven Browned Potatoes Broccoli Polonaise Corn on the Cobb Boston Baked Beans	2 Baked Chicken Lemon Basil Shrimp Pasta Ground Beef Enchiladas Franconia Potatoes Brown Rice Roasted Butternut Squash Corn Combo Black Eyed Peas	3 Turkey Lentil Chili Shrimp Stir Fry Braised Spareribs Crispy Potatoes Wedges Steamed Rice Collard Greens Savory Style Beans Cauliflower combo
4 Barley & Spinach Stew Basil Baked Fish Grilled Steak Long Grain & Wild Rice Baked Potato Grilled Asparagus Cauliflower parmesan Mushrooms Rosemary	5 Spinach Lasagna Fish w/ Southwest Salsa Savory Baked Chicken Mashed Potatoes Corn Breas Dressing Mixed vegetables Mixed Pinto Beans Con calico	6 Lemon Pepper Baked Chicken Caribbean Catfish Beef and Corn Pie Brown Gravy Sicilian Brown Rice w/ Vegetable Barley Pilaf Oriental Stir Fry Cabbage Cauliflower Au Gratin Peas w/ Onions	7 Teriyaki Chicken Pork Adobo Shrimp Stir Fry Garlic & Soy Roasted Potatoes Steamed Rice Japanese Stir Fry Vegetables Sesame Glazed Green beans Zucchini & Yellow squash Casserole	8 Turkey Nuggets Baked Fish w/ Lemon garlic Butter Pepper Steak Brown Rice Sweet Potatoes Southern style Corn O'Brien Roasted Cauliflower Herbed Green Beans	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 Bourbon Chicken Baked Salmon Swiss Steak w/ Brown Gravy Jefferson Noodles Roasted Reskin Potatoes Peas & carrots Stewed Tomatoes Green beans w/ Mushroom
11 Creole Fish Fillets Pasta Toscana Braised Spareribs Spinach & tomato Orzo Buttered Parsley Potatoes Broccoli Parmesan Corn On the Cobb Olive-Oil Braised Carrots w/ Warm Spices	12 Crispy Oven-Baked Chicken Mediterranean Quinoa Cakes Beef Bulgogi Parmesan Rice Lyonnaise Potatoes Roasted Brussel Sprouts Carrots Hash Sweet Potato & Barley	13 Chicken Breast Dijon Stir Fried Garden Vegetable w/ marinated Tofu & Brown Rice Pineapple BBQ Meatballs Buttered Egg Noodles Glazed Sweet Potatoes Roasted Zucchini Squash & Tomatoes Cauliflower French Style Peas	14 Greek Lemon Turkey Pasta Turkish Sultan Adana Kebab Mediterranean Salmon Couscous w/ Artichoke, Feta, Sun Dried Tomatoes Mashed Potatoes Greek Style Grilled Vegetables Curries Cauliflower Zucchini Fritters	15 Grilled Chicken w/ Mustard Sauce Marinated Tomatoes w/ Penne and basil Parmesan Cod Franconia Potatoes Dirty Rice Italian Style Baked Beans Vegetable Medley Glazed Carrots	16 Fish Lemon Baked Chicken Parmesan BBQ Beef Cubes Oven Browned Potatoes Steamed Rice Roasted Butternut Squash Mediterranean Grilled Asparagus Hacienda Green Beans	17 Beef Ball Stroganoff Spaghetti w/ Turkey Meat Sauce Orange Rosemary Honey Glazed Pork Chops Barley Pilaf Baked Sweet Potato Broccoli Garlic Sautéed Spinach Carrots on the Griddle
18 Cranberry Glazed Chicken Orzo w/ Spinach, tomato, & Onion Hamburger Yakisoba Quinoa Garden Pilaf Rissole Potatoes Mediterranean Lima Beans Cauliflower Combo Green Beans	19 Swedish Turkey Meatballs Fish Veracruz Grilled Pork chops Garlic & Soy Roasted Potatoes Hopping John Rice Tempura Vegetables Okra Mèlange Broccoli	20 Beef Pot Roast Lemon Pepper Catfish Stir Fry Chicken w/ Broccoli Potatoes & Herbs Pork Fried Rice Savory Summer Squash Broccoli Polonaise Sesame Glazed Green Beans	21 Hungarian Goulash w/ Noodles Chicken Florentine Grilled Bratwurst Lyonnaise Potatoes Rice Pilaf Brown Gravy Carrots on Griddle Roasted Cauliflower Braised Cabbage Sauerkraut Sauteed Peppers and Onions	22 Hot & Spicy Chicken Polynesian Fillet Quick & Easy Chow Mein Long Grain & Wild Rice Baked Potato Halves Honey Glazed Pea Pods Harvest Beets Corn	23 Honey Ginger Chicken Cheese Manicotti Polish Sausage Spicy Brown Pilaf Rice Garlic mashed potatoes Succotash Sautéed Collard Greens w/ Garlic Stewed tomatoes	24 Beef Fajita Quinoa Pork Chops w/ Pineapple Asian Glaze Parmesan Crusted Cod Mashed Potatoes Steamed Rice Creamed Corn Spinach Roasted Carrots w/ Rosemary
25 Baked Turkey & noodles Baja Fish Tacos Ranchero Steak Southwestern Rice Quinoa Southwest Pilaf Hacienda Corn & Black Beans Spanish Style Beans Mixed Vegetables	26 Southern Fired Chicken Shrimp Jambalaya Baked Dijon Pork chip Brown Rice w/ Tomato Baked Mac & cheese Grilled Asparagus Southern style Collard Greens Baked Beans	27 Cheese Tortellini w/ Marinara Turkey Brest Fillet BBQ Spareribs Corn Bread Dressing Rosemary Roasted Potato Wedge Cauliflower Au Gratin French Style Green Beans	28 Spicy Catfish Po'boy Cajun Chicken Stuffed Green Peppers Red Beans & Rice Roasted Pepper Potatoes Cajun Style Vegetables Herbed Green beans Fired Okra	29 Jerk Roast Turkey Grilled Salmon w/ Citrus Butter Lasagna Baked Sweet Potatoes Steamed Rice Pease & Carrots Fries cauliflower Succotash	30 Baked Chicken Lemon Basil Shrimp Pasta Ground Beef Enchiladas Franconia Potatoes Brown Rice Roasted Butternut Squash Corn Combo Black Eyed Peas	31 Asian BBQ Turkey Eggplant Parmesan Braised Beef & Noodles Harvest Blend Rice Garlic Mashed Potatoes Japanese Vegetable Stir Fry Brussel Sprouts Green beans w/ Feta