

Note: Go for Green  
Sodium Identifier 🍷

**VANWEY DINING FACILITY SEPTEMBER 2024 LUNCH MENU**  
EAT OFTEN 🍷 Low Sodium

EAT OCCASIONALLY 🍷 Moderate Sodium

EAT RARELY 🍷 High Sodium

## Specials

M-Mongolian  
T- Tacos  
W- BBQ  
Th-Wings  
Fr-Chef  
Choice


MON-Broccoli  
Tues- Chick  
Tortilla  
Wed-Vegetable  
Thursday-Chick  
Noodle  
Friday-Potato  
Soup

## Soup Menu

1 🍷 Turkey Ala King 🍷 🍷 Country Style Fried Steak 🍷 🍷 Baja Baked Cod 🍷	2 🍷 Oriental Pepper Steak 🍷 🍷 Chicken Parmesan 🍷 🍷 Baked Fish W/Lemon Garlic butter 🍷	3 🍷 Basil Baked Fish 🍷 🍷 Turkey Breast Fillet 🍷 🍷 Pasta Provencal 🍷	4 🍷 Spicy Catfish Poboy 🍷 🍷 Grilled Pork Chops 🍷 🍷 Cajun Meatloaf 🍷	5 🍷 Baked Dijon Pork Chop 🍷 🍷 Spinach Lasagna Turkey 🍷 🍷 Florentine Roulade 🍷	6 🍷 Roast Turkey 🍷 🍷 Cheese Tortellini 🍷 🍷 Stuffed Green Peppers (Beef) 🍷	7 🍷 Baked Chicken 🍷 🍷 SW Shrimp Linguini 🍷 🍷 Beef Bulgogi 🍷
8 🍷 Creole Fish Fillet 🍷 🍷 Stir Fry Chicken W/Broccoli 🍷 🍷 Teriyaki Steak 🍷	9 🍷 SW Sweet Potato Black Bean & Corn 🍷 🍷 Simmered Beef 🍷 🍷 Almond Cod 🍷	10 🍷 Chili Mac 🍷 🍷 Basil Baked Fish 🍷 🍷 Teriyaki Chicken 🍷	11 🍷 Shrimp Kabob 🍷 🍷 Ginger BBQ Chicken 🍷 🍷 Lemon Pasta 🍷	12 🍷 Honey Mustard Chicken 🍷 🍷 Ziti W/Meat Sauce 🍷 🍷 Baked Fish 🍷	13 🍷 Polish Sausage 🍷 🍷 Baked Salmon 🍷 🍷 Hamburger Yakisoba 🍷	14 🍷 Santa Fe Chicken 🍷 🍷 Baked Dijon Pork Chops 🍷 🍷 Beef Ball Stroganoff 🍷
15 🍷 Cheese Tortellini W/Marinara Sauce 🍷 🍷 French Fried Shrimp 🍷 🍷 Bourbon Chicken 🍷	16 🍷 Caribbean Catfish 🍷 🍷 Jerk Roast Turkey 🍷 🍷 Stuffed Green Peppers 🍷	17 🍷 Baked Fish 🍷 🍷 Meat Loaf 🍷 🍷 Baked Chicken 🍷	18 🍷 Lemon Basil Shrimp Pasta 🍷 🍷 Mambo Pork Roast 🍷 🍷 Chicken W/Mustard Sauce 🍷	19 🍷 Honey Ginger Chicken 🍷 🍷 Grilled Salmon W/Citrus Butter 🍷 🍷 BBQ Brisket 🍷	20 🍷 Chicken Florentine 🍷 🍷 Italian Broccoli Pasta 🍷 🍷 Stuffed Baked Pork Chops 🍷	21 🍷 French Fried Shrimp 🍷 🍷 Hot & Spicy Chicken 🍷 🍷 Ziti W/Meat Sauce 🍷
22 🍷 Turkey Lentil Chili 🍷 🍷 Shrimp Jambalaya 🍷 🍷 Southern Fried Chicken 🍷	23 🍷 Roast Beef 🍷 🍷 Chicken Cordon Bleu 🍷 🍷 Pasta Primavera 🍷	24 🍷 Chicken Kabob 🍷 🍷 Pepper Steak 🍷 🍷 Tuna Noodle 🍷	25 🍷 Beef Brogul 🍷 🍷 Lemon Baked Fish 🍷 🍷 Pork Schnitzel 🍷	26 🍷 Turkey & Spinach Meatloaf 🍷 🍷 Tomatoes W/Penne & Basil 🍷 🍷 Pineapple BBQ Meatballs 🍷	27 🍷 Swiss Steak W/Brown Gravy 🍷 🍷 Stuffed Green Peppers 🍷 🍷 Tuna Noodle 🍷	28 🍷 Grilled Honey 🍷 🍷 Siracha Chicken 🍷 🍷 Chili Mac 🍷 🍷 Shrimp Chop Suey 🍷
29 🍷 Turkey Ala King 🍷 🍷 Country Style Fried Steak 🍷 🍷 Baja Baked Cod 🍷	30 🍷 Oriental Pepper Steak 🍷 🍷 Chicken Parmesan 🍷 🍷 Baked Fish W/Lemon Garlic butter 🍷					


# VANWEY DINING FACILITY SEPTEMBER 2024 DINNER MENU

Note: Go for Green

Sodium Identifier 


 EAT OFTEN

 Low Sodium

 EAT OCCASIONALLY

 Moderate Sodium

 EAT RARELY




















































































































































































 High Sodium

## Specials

- M-Mongolian
- T- Tacos
- W- BBQ
- Th-Wings
- Fr-Chef Choice

- MON-Broccoli
- Tues- Chick Tortilla
- Wed-Vegetable
- Thursday-Chick Noodle
- Friday-Potato Soup

## Soup Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1  Swedish Meatballs   Polynesian Fillet   Smothered Steak 	2  Pork Roast Tenderloin   Tuna Noodles   Savory Baked Chicken 	3  Baja Fish Taco   Baked Mexican Chicken   Beef Stir Fry 	4  Fish Onion Lemon Baked   Simmered Beef   Cajun Chicken 	5  Baked Salmon Pineapple   BBQ Meatballs   Honey Mustard Chicken Breast 	6  Turkey & Spinach Meatloaf   Crispy Oven Baked Chicken   Parmesan Fish 	7  Honey Ginger Chicken   Salisbury Steak   Cheese Manicotti 
8  Chicken Ala King   Baked Fish   Pasta Primavera 	9  Spaghetti W/Turkey Meat Sauce   Baked Fish   Tofu Vegetables 	10  Pork Roast Tenderloin   Baja Baked Cod   Pasta Provencal 	11  Marinated Tomatoes W/Penne & Basil   Southern Fried Catfish   Sweet Chili BBQ Meatballs 	12  Hot & Spicy Chicken   Pasta Toscano   Cantonese Spareribs 	13  Roast Beef   Shrimp Scampi   German Chicken Schnitzel 	14  Salmon W/Maple Ginger Glaze   Stuffed Green Peppers (Beef)   Pasta Primavera 
15  Beef Pot Pie   Lemon Baked Fish   Herb Baked Chicken 	16  SW Sweet Potato  Black Beans & Corn  Beef Stew   Chicken Breast Dijon 	17  BBQ Beef Cubes   Southwestern Fish   Grilled Pork Chops 	18  Grilled Steak   Roast Turkey   Mediterranean Salmon 	19  Crispy Oven Baked Chicken   Roast Beef   Parmesan Crusted Cod 	20  Greek Lemon Turkey Pasta   Savory Baked Chicken   Oven Fried Fish 	21  Beef Stir Fry   Baked Stuffed Fish   Chicken Bulgogi 
22  Baked Dijon Pork Chop   Chili Mac   Lemon Pepper Catfish 	23  Turkey Nugget   Beef & Corn Pie   Bourbon Chicken 	24  Sweet & Spicy Orange Salmon   Cheese Tortellini   Steak Ranchero 	25  Almond Cod   Hamburger Yakisoba   Cranberry Chicken 	26  BBQ Beef Cubes   Chicken Enchilada   Baked Florentine Turkey Roulade 	27  Lasagna   Chicken Cacciatore   Italian Broccoli Pasta 	28  Jamaican Chicken   Braised Spareribs   Salisbury Grilled Chicken 
29  Swedish Meatballs   Polynesian Fillet   Smothered Steak 	3  Pork Roast Tenderloin   Tuna Noodles   Baked Chicken 