





















































































































































































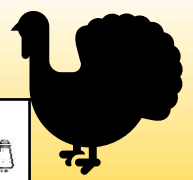
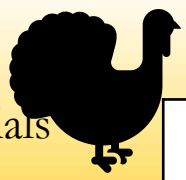
Specials

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**

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



VANWEY DINING FACILITY NOVEMBER 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 Turkey & Spinach Meatloaf Crispy Oven Baked Chicken Parmesan Fish	2 Honey Ginger Chicken Salisbury Steak Cheese Manicotti
3 Chicken Ala King Baked Fish Pasta Primavera	4 Spaghetti W/Turkey Meat Sauce Baked Fish Tofu Vegetables	5 Pork Roast Tenderloin Baja Baked Cod Pasta Provencal	6 Marinated Tomatoes W/Penne & Basil Southern Fried Catfish Sweet Chili BBQ Meatballs	7 Hot & Spicy Chicken Pasta Toscano Cantonese Spareribs	8 Roast Beef Shrimp Scampi German Chicken Schnitzel	9 Salmon W/Maple Ginger Glaze Stuffed Green Peppers (Beef) Pasta Primavera
10 Beef Pot Pie Lemon Baked Fish Herb Baked Chicken	11 SW Sweet Potato Black Beans & Corn Beef Stew Chicken Breast Dijon	12 BBQ Beef Cubes Southwestern Fish Grilled Pork Chops	13 Grilled Steak Roast Turkey Mediterranean Salmon	14 Veteran's Day Grilled Steak BBQ Chicken Fried Shrimp	15 Greek Lemon Turkey Pasta Savory Baked Chicker Oven Fried Fish	16 Beef Stir Fry Baked Stuffed Fish Chicken Bulgogi
17 Baked Dijon Pork Chop Chili Mac Lemon Pepper Catfish	18 Turkey Nugget Beef & Corn Pie Bourbon Chicken	19 Sweet & Spicy Orange Salmon Cheese Tortellini Steak Ranchero	20 Almond Cod Hamburger Yakisoba Cranberry Chicken	21 BBQ Beef Cubes Chicken Enchilada Baked Florentine Turkey Roulade	22 Lasagna Chicken Cacciatore Italian Broccoli Pasta	23 Jamaican Chicken Braised Spareribs Salisbury Grilled Chicken
24 Swedish Meatballs Polynesian Fillet Smothered Steak	25 Pork Roast Tenderloin Tuna Noodles Baked Chicken	26 Baja Fish Taco Baked Mexican Chicken Beef Stir Fry	27 Fish Onion Lemon Baked Simmered Beef Cajun Chicken	28 Thanksgiving Roast Rib of Beef Roast Turkey Whole Roast Turkey Baked Ham	29 Turkey & Spinach Meatloaf Crispy Oven Baked Chicken Parmesan Fish	30 Honey Ginger Chicken Salisbury Steak Cheese Manicotti

