

Note: Go for Green
Sodium Identifier 🍷

VANWEY DINING FACILITY OCTOBER 2024 LUNCH MENU

EAT OFTEN 🍷 Low Sodium

EAT OCCASIONALLY 🍷 Moderate Sodium

EAT RARELY 🍷 High Sodium

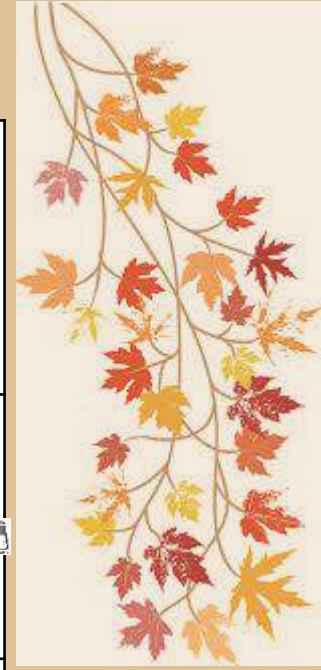
Specials

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 🍷 Basil Baked Fish 🍷 🍷 Turkey Breast Fillet 🍷 🍷 Pasta Provencal 🍷	2 🍷 Spicy Catfish Poboy 🍷 🍷 Grilled Pork Chops 🍷 🍷 Cajun Meatloaf 🍷	3 🍷 Baked Dijon Pork Chop 🍷 🍷 Spinach Lasagna Turkey 🍷 🍷 Florentine Roulade 🍷	4 🍷 Roast Turkey 🍷 🍷 Cheese Tortellini 🍷 🍷 Stuffed Green Peppers (Beef) 🍷	5 🍷 Baked Chicken 🍷 🍷 SW Shrimp Linguini 🍷 🍷 Beef Bulgogi 🍷
6 🍷 Creole Fish Fillet 🍷 🍷 Stir Fry Chicken W/Broccoli 🍷 🍷 Teriyaki Steak 🍷	7 🍷 SW Sweet Potato Black Bean & Corn 🍷 🍷 Simmered Beef 🍷 🍷 Almond Cod 🍷	8 🍷 Chili Mac 🍷 🍷 Basil Baked Fish 🍷 🍷 Teriyaki Chicken 🍷	9 🍷 Shrimp Kabob 🍷 🍷 Ginger BBQ Chicken 🍷 🍷 Lemon Pasta 🍷	10 🍷 Honey Mustard Chicken 🍷 🍷 Ziti W/Meat Sauce 🍷 🍷 Baked Fish 🍷	11 🍷 Polish Sausage 🍷 🍷 Baked Salmon 🍷 🍷 Hamburger Yakisoba 🍷	12 🍷 Santa Fe Chicken 🍷 🍷 Baked Dijon Pork Chops 🍷 🍷 Beef Ball Stroganoff 🍷
13 🍷 Cheese Tortellini W/Marinara Sauce 🍷 🍷 French Fried Shrimp 🍷 🍷 Bourbon Chicken 🍷	14 🍷 Caribbean Catfish 🍷 🍷 Jerk Roast Turkey 🍷 🍷 Stuffed Green Peppers 🍷	15 🍷 Baked Fish 🍷 🍷 Meat Loaf 🍷 🍷 Baked Chicken 🍷	16 🍷 Lemon Basil Shrimp Pasta 🍷 🍷 Mambo Pork Roast 🍷 🍷 Chicken W/Mustard Sauce 🍷	17 🍷 Honey Ginger Chicken 🍷 🍷 Grilled Salmon W/Citrus Butter 🍷 🍷 BBQ Brisket 🍷	18 🍷 Chicken Florentine 🍷 🍷 Italian Broccoli Pasta 🍷 🍷 Stuffed Baked Pork Chops 🍷	19 🍷 French Fried Shrimp 🍷 🍷 Hot & Spicy Chicken 🍷 🍷 Ziti W/Meat Sauce 🍷
20 🍷 Turkey Lentil Chili 🍷 🍷 Shrimp Jambalaya 🍷 🍷 Southern Fried Chicken 🍷	21 🍷 Roast Beef 🍷 🍷 Chicken Cordon Bleu 🍷 🍷 Pasta Primavera 🍷	22 🍷 Chicken Kabob 🍷 🍷 Pepper Steak 🍷 🍷 Tuna Noodle 🍷	23 🍷 Beef Brogul 🍷 🍷 Lemon Baked Fish 🍷 🍷 Pork Schnitzel 🍷	24 🍷 Turkey & Spinach Meatloaf 🍷 🍷 Tomatoes W/Penne & Basil 🍷 🍷 Pineapple BBQ Meatballs 🍷	25 🍷 Swiss Steak W/Brown Gravy 🍷 🍷 Stuffed Green Peppers 🍷 🍷 Tuna Noodle 🍷	26 🍷 Grilled Honey 🍷 🍷 Siracha Chicken Chili Mac 🍷 🍷 Shrimp Chop Suey 🍷
27 🍷 Turkey Ala King 🍷 🍷 Country Style Fried Steak 🍷 🍷 Baja Baked Cod 🍷	28 🍷 Oriental Pepper Steak 🍷 🍷 Chicken Parmesan 🍷 🍷 Baked Fish W/Lemon Garlic butter 🍷	29 🍷 Basil Baked Fish 🍷 🍷 Turkey Breast Fillet 🍷 🍷 Pasta Provencal 🍷	30 🍷 Spicy Catfish Poboy 🍷 🍷 Grilled Pork Chops 🍷 🍷 Cajun Meatloaf 🍷	31 🍷 Baked Dijon Pork Chop 🍷 🍷 Spinach Lasagna 🍷 🍷 Florentine Roulade 🍷		



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

Soup Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	1 Baja Fish Taco Baked Mexican Chicken Beef Stir Fry	2 Fish Onion Lemon Baked Simmered Beef Cajun Chicken	3 Baked Salmon Pineapple BBQ Meatballs Honey Mustard Chicken Breast	4 Turkey & Spinach Meatloaf Crispy Oven Baked Chicken Parmesan Fish	5 Honey Ginger Chicken Salisbury Steak Cheese Manicotti
6 Chicken Ala King Baked Fish Pasta Primavera	7 Spaghetti W/Turkey Meat Sauce Baked Fish Tofu Vegetables	8 Pork Roast Tenderloin Baja Baked Cod Pasta Provencal	9 Marinated Tomatoes W/Penne & Basil Southern Fried Catfish Sweet Chili BBQ Meatballs	10 Hot & Spicy Chicken Pasta Toscano Cantonese Spareribs	11 Roast Beef Shrimp Scampi German Chicken Schnitzel	12 Salmon W/Maple Ginger Glaze Stuffed Green Peppers (Beef) Pasta Primavera
13 Beef Pot Pie Lemon Baked Fish Herb Baked Chicken	14 SW Sweet Potato Black Beans & Corn Beef Stew Chicken Breast Dijon	15 BBQ Beef Cubes Southwestern Fish Grilled Pork Chops	16 Grilled Steak Roast Turkey Mediterranean Salmon	17 Crispy Oven Baked Chicken Roast Beef Parmesan Crusted Cod	18 Greek Lemon Turkey Pasta Savory Baked Chicker Oven Fried Fish	19 Beef Stir Fry Baked Stuffed Fish Chicken Bulgogi
20 Baked Dijon Pork Chop Chili Mac Lemon Pepper Catfish	21 Turkey Nugget Beef & Corn Pie Bourbon Chicken	22 Sweet & Spicy Orange Salmon Cheese Tortellini Steak Ranchero	23 Almond Cod Hamburger Yakisoba Cranberry Chicken	24 BBQ Beef Cubes Chicken Enchilada Baked Florentine Turkey Roulade	25 Lasagna Chicken Cacciatore Italian Broccoli Pasta	26 Jamaican Chicken Braised Spareribs Salisbury Grilled Chicken
27 Swedish Meatballs Polynesian Fillet Smothered Steak	28 Pork Roast Tenderloin Tuna Noodles Baked Chicken	29 Baja Fish Taco Baked Mexican Chicken Beef Stir Fry	30 Fish Onion Lemon Baked Simmered Beef Cajun Chicken	31 Baked Salmon Pineapple BBQ Meatballs Honey Mustard Chicken Breast		

