

VANWEY DINING FACILITY DECEMBER 2024 LUNCH MENU

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 Creole Fish Fillet </p> <p> Stir Fry Chicken W/Broccoli </p> <p> Teriyaki Steak </p>	<p>2 SW Sweet Potato Black Bean & Corn </p> <p> Simmered Beef </p> <p> Almond Coc </p>	<p>3 Chili Mac </p> <p> Basil Baked Fish </p> <p> Teriyaki Chicker </p>	<p>4 Shrimp Kabo </p> <p> Ginger BBQ Chicker </p> <p> Lemon Pasta </p>	<p>5 Honey Mustard Chicken </p> <p> Ziti W/Meat Sauce </p> <p> Baked Fish </p>	<p>6 Polish Sausag </p> <p> Baked Salmon </p> <p> Hamburger Yakisob </p>	<p>7 Santa Fe Chicken </p> <p> Baked Dijon Pork Chop </p> <p> Beef Ball Stroganof </p>
<p>8 Cheese Tortellini W/Marinara Sauce </p> <p> French Fried Shrimp </p> <p> Bourbon Chicker </p>	<p>9 Caribbean Catfish </p> <p> Jerk Roast Turkey </p> <p> Stuffed Green Pepper </p>	<p>10 Baked Fish </p> <p> Meat Loaf </p> <p> Baked Chicken </p>	<p>11 Lemon Basil Shrimp Pasta </p> <p> Mambo Pork Roast </p> <p> Chicken W/Mustard Sauce </p>	<p>12 Honey Ginger Chicker </p> <p> Grilled Salmon W/Citrus Butte </p> <p> BBQ Brisket </p>	<p>13 Chicken Florentine </p> <p> Italian Broccoli Pasta </p> <p> Stuffed Baked Pork Chop </p>	<p>14 French Fried Shrim </p> <p> Hot & Spicey Chicken </p> <p> Ziti W/Meat Sauce </p>
<p>15 Turkey Lentil Chili </p> <p> Shrimp Jambalaya </p> <p> Southern Fried Chicker </p>	<p>16 Roast Beef </p> <p> Chicken Cordon Ble </p> <p> Pasta Primavera </p>	<p>17 Chicken Kabot </p> <p> Pepper Steak </p> <p> Tuna Noodle </p>	<p>18 Beef Brogu </p> <p> Lemon Baked Fisl </p> <p> Pork Schnitzel </p>	<p>19 Turkey & Spinach Meatloa </p> <p> Tomatoes W/Penne & Basil </p> <p> Pineapple BBQ Meatball </p>	<p>20 Swiss Steak W/Brown Gravy </p> <p> Stuffed Green Peppers </p> <p> Tuna Noodle </p>	<p>21 Grilled Honey Siracha Chicken </p> <p> Chili Mac </p> <p> Shrimp Chop Sue </p>
<p>22 Turkey Ala King </p> <p> Country Style Fried Steak </p> <p> Baja Baked Coc </p>	<p>23 Oriental Pepper Stea </p> <p> Chicken Parmesan </p> <p> Baked Fish W/Lemon Garlic butte </p>	<p>24 Basil Baked Fish </p> <p> Turkey Breast Fille </p> <p> Pasta Provenca </p>	<p>25 CHRISTMAS DAY</p> <p> Roast Rib of Bee </p> <p> Roast Turke </p> <p> Baked Ham </p>	<p>26 Baked Dijon Porkcho </p> <p> Spinach Lagn </p> <p> Turkey Roulad </p>	<p>27 Roast Turkey </p> <p> Cheese Tortellini </p> <p> Stuffed Green Peppers </p> <p> (Beef) </p>	<p>28 Baked Chicker </p> <p> SW Shrimp Linguin </p> <p> Beef Bulgog </p>
<p>29 Creole Fish Fillet </p> <p> Stir Fry Chicken W/Broccoli </p> <p> Teriyaki Steak </p>	<p>30 SW Sweet Potato Black Bean & Corn </p> <p> Simmered Bee </p> <p> Almond Coc </p>	<p>31 Chili Mac </p> <p> Basil Baked Fish </p> <p> Teriyaki Chicker </p>				

HAPPY HOLIDAYS



VANWEY DINING FACILITY DECEMBER 2024 DINNER MENU

Note: Go for Green

Sodium Identifier

EAT OFTEN

Low Sodium

EAT OCCASIONALLY

Moderate Sodium

EAT RARELY

High Sodium

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Soup Menu

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

HAPPY

HOLIDAYS

