# ST. MARTIN'S DINING FACILITY

## WEEK 2

| Sunday 8 | Monday 9 | Tuesday 10 | Wednesday 11 | Thursday 12 | Friday 13 | Saturday 14 |
|---|---|---|---|---|---|---|
| **Lunch 1100-1400 hours** | | | | | | |
| Soup de Jour | Sopa De Mani (Quinoa Soup) | Tortilla Soup | Corn Chowder | Lentil Soup | Vegetable Beef Soup | Soup de Jour |
| -Yakisoba<br>-Sugar Snap Peas<br>-Steamed Sliced Carrots | -Stuffed Shells w/ Alfredo<br>-Eggplant Parmesan<br>-Chicken Parmesan Unbreaded<br>-Spaghetti<br>-Spinach<br>-Green Beans | -Cheese Enchiladas<br>-Chicken Fajitas<br>-Beef Fajitas<br>-Spanish Rice<br>-Charro Beans<br>-Mexican Corn<br>-Steamed Broccoli | -Roast Turkey<br>-Glazed Ham<br>-Mashed Potatoes<br>-Stuffing<br>-Peas & Carrots<br>-Vegetable Medley<br>-Turkey Gravy | -Roast Pork Loin<br>-Oven Baked Chicken<br>-Bratwurst<br>-Mushroom Gravy<br>-Egg Noodles<br>-German Potato Salad<br>-Red Cabbage Sauerkraut<br>-French Cut Green Beans | -Salmon a la Criolla<br>-Cuban Chicken Legs*<br>-Columbian Lentils<br>-Cilantro Lime Rice<br>-Peppers & Onions<br>-Broccoli | -Spaghetti w/ Meatsauce<br>-Broccoli<br>-Steamed Corn |
| | | Nacho/ Burrito Bar | Wing Bar | Pizza Bar | Pasta Bar: Cheese Ravioli | |
| Specialty Sandwiches Lunch Only Monday-Friday | | Philly Cheesesteak, French Dip, Ruben Sandwich, Green Chili Burger, Tuna Melt, Chicken Breast Sandwich, Southwest Chicken Sandwich, WBAMC Club | | | | |
| **Salad Bar Daily @ Lunch & Dinner** | | | | | | |
| **Dinner 1600-1800 hours** | | | | | | |
| Soup de Jour | Sopa De Mani (Quinoa Soup) | Tortilla Soup | Corn Chowder | Lentil Soup | Vegetable Beef Soup | Soup de Jour |
| -Pepper Steak<br>-Steamed Rice<br>-Broccoli<br>-Cauliflower | -Lemon Pepper Cod<br>-Spanish Rice<br>-Black Beans<br>-Corn<br>-Sauteed Cabbage | -Shredded BBQ Chicken Sandwich<br>-Vegetarian Baked Beans<br>-Kebab Vegetables<br>-Grilled Zucchini | -Honey Thyme Chicken*<br>-Brown Rice<br>-Squash Medley<br>-Green Beans | -Apple Glazed Corned Beef<br>-Oven Browned Potatoes<br>-Cabbage<br>-Carrots | -Rosemary Chicken*<br>-Steamed White Rice<br>-Normandy Blend Vegetables<br>-Green Beans | -Chicken Cordon Bleu<br>-Mashed Potatoes w/Gravy<br>-Peas & Carrots<br>-Asparagus |
| Short order Lunch & Dinner Hours: Monday-Friday 1100-1400 & 1600-1800 Closed Holidays | | Veggie Burger, Turkey Burger, Hamburger, Cheeseburger, Double Hamburger, Double Cheeseburger, Grilled Cheese, Grilled Meat and Cheese, Baked French Fries & Sweet Potato Fries | | | | |

***Indicates chicken consumed without the skin***

**High Performance Foods** | **Moderate Performance Foods** | **Performance Limiting Foods**

*Updated 17 Jun 2015*

*Menu subject to change without notice*