



# ST. MARTIN'S DINING FACILITY



## WEEK 3

Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21
<b>Lunch 1100-1400 hours</b>						
<b>Soup de Jour</b>	<b>Butternut Squash Posole</b>	<b>Navy Bean Soup</b>	<b>Beef Chili Vegetarian Chili</b>	<b>Vegetable Soup</b>	<b>Chicken &amp; Rice Soup</b>	<b>Soup de Jour</b>
-Pineapple Chicken Quarters* -Wild Rice -Vegetable Medley -Capri Vegetables	-Yankee Pot Roast -Stuffed Peppers -Charro Beans -Herbed Russett Potatoes -Green Beans -Carrots -Gravy	-Italian Cod -Vegetable Lasagna -Beef Lasagna -Italian Potatoes -Zucchini -Buffalo Cauliflower	-Kielbasa -Corn Dogs -Pork Tamales -Grilled BBQ Chicken* -Baked Beans -Loaded Smashed Potatoes -Grilled Corn -Green Beans -Coleslaw	-Chicken Stir-Fry -Beef Stir Fry -Steamed Rice -Lo Mein Noodles -Egg Rolls -Stir-Fry Vegetables -Sesame Green Beans	-Curried Chicken Quarters* -Steamed Rice -Broccoli & Cauliflower Blend -Baby Carrots	-Pulled Pork Sandwich -Baked Potato -Baked Beans -Grilled Squash -Corn
		Nacho/ Burrito Bar	Red, White, & Blue Bar	Pizza Bar	Training Holiday	4 <sup>th</sup> of July Holiday
Specialty Sandwiches Lunch Only Monday-Friday		Philly Cheesesteak, French Dip, Ruben Sandwich, Green Chili Burger, Tuna Melt, Chicken Breast Sandwich, Southwest Chicken Sandwich				
<b>Salad Bar Daily @ Lunch &amp; Dinner</b>						
<b>Dinner 1600-1800 hours</b>						
<b>Soup de Jour</b>	<b>Butternut Squash Posole</b>	<b>Navy Bean Soup</b>	<b>Beef Chili Vegetarian Chili</b>	<b>Vegetable Soup</b>	<b>Chicken &amp; Rice Soup</b>	<b>Soup de Jour</b>
-Baked Ravioli -Marinara Sauce -Spinach -Yellow Squash	-Crumb Crusted Haddock -Steamed Rice -Mixed Vegetables -Capri Blend	-Apple Glazed Pork Loin -Roasted Red Potatoes -Steamed Broccoli -Corn	-Blackened Catfish -Baked Sweet Potatoes -Greens -Carrots	-Chicken Pot Pie -Mixed Vegetables -Carrots	-Cajun Meatloaf -Mashed Potatoes w/ Gravy -Okra and Tomatoes -Peas	-Teriyaki Chicken -Steamed Rice -Sugar Snap Peas -Stir Fry Vegetables
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 23 June 2015

Menu subject to change without notice