

Welcome to the
Nutritional Medicine Flight Dining Facility Menu

Week 1 March 4th - March 8th

Week 2 March 11th - March 15th

Breakfast

(0630-0730hrs)

(CONTINENTAL)

Asst. Cereals, Muffins, Danish, Toast
Breakfast Sandwich, Hard Boiled Eggs

Lunch Week 1

Day	Soup	Main Entrée	Starch	Vegetable	Salad	Grill/Short Order Grab & Go
Monday	Chicken Noodle	Grilled Chicken Stuffed Cabbage veal steak	Red skinned potatoes Mac & cheese	Peas Italian Blend	Garden salad Chef salad	Corn Dog French Fries
Tuesday	Tortilla Soup	Cod w/ lemon Chimichangas	Wild Rice Spanish Rice Refried beans	Carrots Corn	Garden salad Chef salad	Taco Tuesday
Wednesday	Tuscan Soup	Beef Yakisoba Chicken Marsala	Rice Pilaf Egg noodles	Broccoli Italian Blend	Garden salad Chef salad	Individual Pizza
Thursday	Beef vegetable	Country Fried Steak Baked Pork Chop Cheese Tortellini	Mashed Potato	Cauliflower Succotash	Garden salad Chef salad	French Fries Sub Bar
Friday	Clam Chowder	Pork Adobo Baked Cod	Steamed Rice Au-gratin Potatoes	Broccoli Corn	Garden salad Chef salad	Hot Dog/ Chili French Fries

Lunch Week 2

Day	Soup	Main Entrée	Starch	Vegetable	Salad	Grill/Short Order Grab & Go
Monday	Cream of Broccoli	Baked Meatloaf Roast Pork	Mashed potato Mac & Cheese	Green Peas Carrots	Garden salad Chef salad	Fish Sticks French Fries
Tuesday	Tomato	Baked ham slices Curried Chicken Breast Baked Chicken	Red skin Potatoes Steamed Rice	Zucchini Brussels Sprouts	Garden salad Chef salad	Grilled Cheese Sandwich French Fries
Wednesday	Egg Drop	Sweet-N- Sour Chicken Orange chicken Peppered steak	Steamed Rice Fried Rice	Asian Blend Succotash	Garden salad Chef salad	Hamburger/ cheeseburger Hot Chili Dog
Thursday	Minestrone	Roast turkey Salisbury Steak	Stuffing Mashed Potatoes Egg Noodles	Green beans Corn	Garden salad Chef salad	Asst. Sausage Bar
Friday	Clam Chowder	Baked Cod Spaghetti w/ meat sauce	Rice Pilaf Steamed Rice	Spinach Peas and Carrots	Garden salad Chef salad	Junes Wings French Fries

Dinner

(1630-1730)

Grab n' Go

Soup, Salad, Sandwich

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