



BREAKERS DINING FACILITY MONTHLY MENU

August 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	DAILY SPEEDLINE SPECIALS
1 BRUNCH Baked fish Sauerbraten Chick parmesan Au gratin pot Cauliflower Fried cabbage	2 LUNCH Turkey roast Ribeye steak Tempura fish Mash potatoes Corn bread Temp veg Succotash	3 LUNCH <u>National Chocolate Chip Day</u> Roast Pork Loin BBQ Beef Cubes Chicken Fajitas O'Brien Potatoes Steamed Rice Corn on the Cob	4 LUNCH <u>Taste of the South</u> Southern Fried chicken BBQ Spareribs Fried Catfish Black-Eyed Peas Collard Greens Sweet Potatoes	5 LUNCH Mr. Z's Baked Chicken Pepper Steak Pasta Primavera BMT Mashed Potatoes Steamed Rice Mix Vegetable	6 LUNCH Chili Macaroni BBQ Chicken Southern Fried Catfish Crisp Potato Wedges Spanish Rice Fried Cabbage	7 BRUNCH Baked Fish 5 Spice Chicken Knockwurst Spicy Brown Rice Parsley Butter Potatoes Veg Stir Fry Spinach	DAILY SPEEDLINE SPECIALS 2. Cannonball Sand Fried Chicken Nuggets 3. Steak & Cheese Sub and Tacos 4. Cheese Pizza Cheese Fishwich Reuben Sandwich 5. Buffalo Wings Roast Beef Sub 6. BBQ Pork Sandwich/Burritos 9. Polish Sausage Steak & Cheese Sub 10 Sloppy Joe Roast Beef Sub 11. Cheese Fishwich Monte Cristo 12. Cannonball & Italian Pepper Beef Sandwich 13. BBQ Pork Sandwich/Burritos 16. Cannonball Sand Fried Chicken Nuggets 17. Steak & Cheese Sub and Tacos
1 SUPPER Ginger BBQ Chicken Fried Shrimp Beef Manicotti Mashed Potatoes Crispy Potato Wedges Black Eyed Peas	2 DINNER Swiss Steak Baked Chicken Sweet Italian Sausage Harvest Blend Rice Mashed Potatoes Carrots	3 DINNER Fish w/Lemon Butter Pork Schnitzel Beef Yakisoba Ginger Rice Pinto Beans Spinach	4 DINNER Caribbean Chick Salisbury Steak Parmesan Fish Noodles Jefferson Rice Mexican Corn Peas and Onion	5 DINNER Pork Chops Liver w/ Onions Fried Fish Rissole Potatoes Broccoli Peas/Carrots	6 DINNER Shrimp Scampi Beef Stew Roast Turkey Egg Noodles Cauliflower Collard Green	7 SUPPER Savory Baked Chicken Swedish Meatballs Creole Shrimp Steamed Rice Asparagus Creamed Corn	
8 BRUNCH Stir Fry Beef w/Broccoli Turkey Nuggets Pork Chop Suey Rice Pilaf Corn on the Cobb Green Beans	9 LUNCH Spaghetti/ Meat Sauce Strip Loin Steak Roast Turkey Baked Potatoes Pea & Pepper Rice Summer Squash Glazed Carrots	10 LUNCH <u>Chicken Taco Salad Day</u> Captain Chicken Meat Loaf Turkey Ala King Mashed Potatoes Mustard Greens Tempura Vegetables	11 LUNCH <u>Mexican Day</u> Taco Lasagna Pork Chalupa Mexican Baked Chicken Beef & Bean Burrito Mexican Corn	12 LUNCH Chicken Cordon Bleu Pork Loin Veal Jaeger schnitzel Roasted Chicken Rice Potato Halves Steamed Carrots Simmered pinto	13 LUNCH Lasagna Spaghetti /Meat sauce Chicken Cacciatore Steamed Rice Italian Baked Beans Cauliflower Parmesan	14 BRUNCH Fish Almandine Stir Fry Chicken W/Broccoli Pork Chops W/Mushrooms Gravy Rissole Potatoes Club Spinach	
8 SUPPER Oven Fried Fish BBQ Spareribs Chicken Parmesan Baked Mac/Cheese Sweet Potato Peas	9 DINNER Roast Pork Loin Pot Roast Baked Stuffed Fish Oven Brown Potatoes Cauliflower Combo Succotash Green Beans	10 DINNER Teriyaki Chicken Veal Parmesan Alaska Cheddar Fish Buttered Potatoes Fried Cabbage Steamed Carrots	11 DINNER Mexican Pork Chops Turkey Noodle Beef Ball Stroganoff Egg Noodles Spanish Rice Spinach Potato Soup	12 DINNER Herbed Baked Chicken Beef & Noodles Southern Fried Catfish Mashed Potatoes Black Eyed Peas/Rice Sweet Potato	13 DINNER Mexican Baked Chicken Country Style Steak Stuffed Green Peppers Baked Mac & Cheese Spanish Style Beans Peas & Carrots	14 SUPPER Crispy Baked Chicken Baked Ham Ground Beef Yakisoba Spicy Brown Pilaf Rice Broccoli Glazed Carrots	
15 BRUNCH Ginger BBQ Chicken Fried Shrimp Beef Manicotti Mashed Potatoes Crispy Potato Wedges Black Eyed Peas	16 LUNCH Swiss Steak Baked Chicken Sweet Italian Sausage Harvest Blend Rice Mashed Potatoes Carrots	17 LUNCH Fish w/Lemon Butter Pork Schnitzel Beef Yakisoba Ginger Rice Pinto Beans Spinach	18 LUNCH <u>Italian Day</u> Chicken Cacciatore Spinach Lasagna Spaghetti & meatballs Broccoli Parmesan Herb Green Beans	19 LUNCH Pork Chops Liver w/ Onions Fried Fish Rissole Potatoes Broccoli Peas/Carrots	20 LUNCH Shrimp Scampi Beef Stew Roast Turkey Egg Noodles Cauliflower Collard Green	21 BRUNCH Savory Baked Chicken Swedish Meatballs Creole Shrimp Steamed Rice Asparagus Creamed Corn	

MONDAY – FRIDAY
 Breakfast 0530 – 0830
 Lunch 1100 - 1330
 Dinner 1700 – 1930

WEEKENDS & HOLIDAYS
 Brunch 0600 – 1300
 Dinner 1600 – 1800

FOOD SERVICE OFFICER:
 Mr. Willie Belton, 606-3219

RETIREES
 Breakfast 0730 – 0830
 Lunch 1230 - 1330




DEPLOYED SPOUSES
 Every Thursday Night
 1700 - 1900



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<p>15 SUPPER Baked fish Sauerbraten Chick parmesan Au gratin pot Cauliflower Fried cabbage</p>	<p>16 DINNER Turkey roast Ribeye steak Tempura fish Mash potatoes Corn bread Temp veg Succotash</p>	<p>17 DINNER Roast Pork Loin BBQ Beef Cubes Chicken Fajitas O'Brien Potatoes Steamed Rice Corn on the Cob</p>	<p>18 DINNER Spaghetti W/Meat Sauce Swiss Steak w/Brown Gravy Fried Chicken Brown Rice Fried Cauliflower</p>	<p>19 DINNER Mr. Z's Baked Chicken Pepper Steak Pasta Primavera BMT Mashed Potatoes Steamed Rice Mix Vegetable</p>	<p>20 DINNER Chili Macaroni BBQ Chicken Southern Fried Catfish Crisp Potato Wedges Spanish Rice Fried Cabbage</p>	<p>21 SUPPER Baked Fish Simmered Knockwurst Chinese 5-Spice Chic Spicy Brown Rice Boston Baked Beans Spinach</p>	<p>18. Cheese Fishwich Reuben Sandwich 19. Buffalo Wings Roast Beef Sub 20. BBQ Pork Sandwich/Burritos</p>
<p>22 BRUNCH Oven Fried Fish BBQ Spareribs Chicken Parmesan Baked Mac/Cheese Sweet Potato Peas</p>	<p>23 LUNCH Roast Pork Loin Pot Roast Baked Stuffed Fish Oven Brown Potatoes Cauliflower Combo Succotash Green Beans</p>	<p>24 LUNCH <u>Peach Pie Day</u> Teriyaki Chicken Veal Parmesan Alaska Cheddar Fish Buttered Potatoes Fried Cabbage Steamed Carrots</p>	<p>25 LUNCH <u>Asian Day</u> <u>Sweet & Sour Pork</u> <u>Beef Sukiyaki</u> <u>Chinese 5-Spice Chicken</u> <u>Steam Rice</u> <u>Tempura Vegetable</u></p>	<p>26 LUNCH Herbed Baked Chicken Beef & Noodles Southern Fried Catfish Mashed Potatoes Black Eyed Peas/Rice Sweet Potato</p>	<p>27 LUNCH Mexican Baked Chicken Country Style Steak Stuffed Green Peppers Baked Mac & Cheese Spanish Style Beans Peas & Carrots</p>	<p>28 BRUNCH Crispy Baked Chicken Baked Ham Ground Beef Yakisoba Spicy Brown Pilaf Rice Broccoli Glazed Carrots</p>	<p>23. Polish Sausage Steak & Cheese Sub 24. Sloppy Joe Roast Beef Sub 25. Cheese Fishwich Monte Cristo</p>
<p>22 SUPPER Stir Fry Beef w/Broccoli Turkey Nuggets Pork Chop Suey Rice Pilaf Corn on the Cobb Green Beans</p>	<p>23 DINNER Spaghetti/ Meat Sauce Strip Loin Steak Roast Turkey Baked Potatoes Pea & Pepper Rice Summer Squash Glazed Carrots</p>	<p>24 DINNER Captain Chicken Meat Loaf Turkey Ala King Mashed Potatoes Mustard Greens Tempura Vegetables</p>	<p>25 DINNER Lemon Chicken Breast Jambalaya Sweet-Sour pork Rice Scalloped potato Mexican corn Cauliflower combo</p>	<p>26 DINNER Chicken Cordon Bleu Veal Jaeger schnitzel Roasted Chicken Rice Potato Halves Steamed Carrots Simmered pinto</p>	<p>27 DINNER Lasagna Spaghetti /Meat sauce Chicken Cacciatore Steamed Rice Italian Baked Beans Cauliflower Parmesan Lasagna</p>	<p>28 SUPPER Fish Almandine Stir Fry Chicken W/Broccoli Pork Chops W/Mushrooms Gravy Rissolo Potatoes Club Spinach</p>	<p>26. Cannonball & Italian Pepper Beef Sandwich 27. BBQ Pork Sandwich/Burritos.</p>
<p>29 BRUNCH Baked fish Sauerbraten Chick parmesan Au gratin pot Cauliflower Fried cabbage</p>	<p>30 LUNCH Turkey roast Ribeye steak Tempura fish Mash potatoes Corn bread Temp veg Succotash</p>	<p>31 LUNCH Roast Pork Loin BBQ Beef Cubes Chicken Fajitas O'Brien Potatoes Steamed Rice Corn on the Cob</p>	<p>TASTE OF THE SOUTH Wed, 4 August Fried Chicken, BBQ Spareribs, Fried Catfish, Black-Eyed Peas, Collard Greens and more...</p> 		<p>ASIAN DAY Wed, 25 August Sweet & Sour Pork, Chinese 5-Spice Beef Sukiyaki, Tempura Vegetables and more...</p> 		<p>30. Cannonball Sand Fried Chicken Nuggets</p>
<p>29 BRUNCH Ginger BBQ Chicken Fried Shrimp Beef Manicotti Mashed Potatoes Crispy Potato Wedges Black Eyed Peas</p>	<p>30 LUNCH Swiss Steak Baked Chicken Sweet Italian Sausage Harvest Blend Rice Mashed Potatoes Carrots</p>	<p>31 LUNCH Fish w/Lemon Butter Pork Schnitzel Beef Yakisoba Ginger Rice Pinto Beans Spinach</p>					<p>31. Steak & Cheese Sub and Tacos</p> 

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