



BREAKERS DINING FACILITY MONTHLY MENU

September 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	DAILY SPEEDLINE SPECIALS
<h3>Air Force Birthday Meal</h3> <p><i>Friday, 17 Sep, 1100-1330</i></p> <p><i>Strip Loin Steak, Herb-Baked Lemon Fish, Orange Chicken Breast, Corn on the Cob, Oven Brown Potatoes and Desserts</i></p> <p>Join us and celebrate 63 years of Air Force Tradition!</p>			1 LUNCH German day Sauerbraten Pork schnitzel Grilled bratwurst Parsley butter potatoes Sauerkraut	2 LUNCH Mr. Z's Baked Chicken Pepper Steak Pasta Primavera BMT Mashed Potatoes Steamed Rice Mix Vegetable	3 LUNCH Chili Macaroni BBQ Chicken Southern Fried Catfish Crisp Potato Wedges Spanish Rice Fried Cabbage	4 BRUNCH Baked Fish 5 Spice Chicken Knockwurst Spicy Brown Rice Parsley Butter Potatoes Veggie Stir Fry	9. Cheese Pizza Cheese Fishwich Reuben Sandwich 2. Buffalo Wings Roast Beef Sub 3. BBQ Pork Sandwich/Burritos 6. Polish Sausage Steak & Cheese Sub 7 Sloppy Joe Roast Beef Sub 8. Cheese Fishwich Monte Cristo 9. Cannonball & Italian Pepper Beef Sandwich 10. BBQ Pork Sandwich/Burritos 13. Cannonball Sand Fried Chicken Nuggets 14. Steak & Cheese Sub and Tacos 15. Cheese Pizza Fishwich Reuben Sandwich 16. Buffalo Wings Roast Beef Sub
5 BRUNCH Stir Fry Beef w/Broccoli Turkey Nuggets Pork Chop Suey Rice Pilaf Corn on the Cobb Green Beans	6 LUNCH Labor Day Roast turkey Loin strip steak Corn-on the cob Cornbread dressing baked potatoes Desserts	7 LUNCH Captain Chicken Meat Loaf Turkey Ala King Mashed Potatoes Mustard Greens Tempura Vegetables	8 LUNCH Cajun day Creole chicken Jambalaya Creole shrimp Green beans creole Louisiana squash	9 LUNCH Pork loin Chicken Cordon Bleu Veal Jaeger schnitzel Roasted Chicken Rice Potato Halves Steamed Carrots Simmered pinto	10 LUNCH Lasagna Spaghetti /Meat sauce Chicken Cacciatore Steamed Rice Italian Baked Beans Cauliflower Parmesan Lasagna	11 BRUNCH Fish Almandine Stir Fry Chicken W/Broccoli Pork Chops W/Mushrooms Gravy Rissole Potatoes Club Spinach	
5 SUPPER Oven Fried Fish BBQ Spareribs Chicken Parmesan Baked Mac/Cheese Sweet Potato Peas	6 DINNER Roast Pork Loin Pot Roast Baked Stuffed Fish Oven Brown Potatoes Cauliflower Combo Succotash Green Beans	7 DINNER Teriyaki Chicken Veal Parmesan Alaska Cheddar Fish Buttered Potatoes Fried Cabbage Steamed Carrots	8 DINNER Mex pork chops Turkey noodle Beef ball stroganoff Egg noodles Spanish rice Frozen spinach	9 DINNER Herbed Baked Chicken Beef & Noodles Southern Fried Catfish Mashed Potatoes Black Eyed Peas/Rice Sweet Potato	10 DINNER Mexican Baked Chicken Country Style Steak Stuffed Green Peppers Baked Mac & Cheese Spanish Style Beans Peas & Carrots	11 SUPPER Crispy Baked Chicken Baked Ham Ground Beef Yakisoba Spicy Brown Pilaf Rice Broccoli Glazed Carrots	
12 BRUNCH Ginger BBQ Chicken Fried Shrimp Beef Manicotti Mashed Potatoes Crispy Potato Wedges Black Eyed Peas	13. LUNCH Swiss Steak Baked Chicken Sweet Italian Sausage Harvest Blend Rice Mashed Potatoes Carrots	14. LUNCH Fish w/Lemon Butter Pork Schnitzel Beef Yakisoba Ginger Rice Pinto Beans Spinach	15 LUNCH Taste of the South Southern fried chicken BBQ spareribs Fried catfish Black-eyed peas Collard greens Sweet potatoes	16 LUNCH Pork Chops Liver w/ Onions Fried Fish Rissole Potatoes Broccoli Peas/Carrots	17 LUNCH Air Force Birthday Strip loin steak Herbed lemon bake fish Orange Chicken breast Corn on the cob Oven brn potatoes Desserts	18 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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12 SUPPER Baked fish Sauerbraten Chick parmesan Au gratin pot Cauliflower Fried cabbage	13 DINNER Turkey roast Ribeye steak Tempura fish Mash potatoes Corn bread Temp veg Succotash	14 DINNER Roast Pork Loin BBQ Beef Cubes Chicken Fajitas O'Brien Potatoes Steamed Rice Corn on the Cob	15 DINNER Spag/meat sauce Swiss steak Fried chicken Mash pot Brown rice Fried cauliflower cabbage	16 DINNER Mr. Z's Baked Chicken Pepper Steak Pasta Primavera BMT Mashed Potatoes Steamed Rice Mix Vegetable	17 DINNER Chili Macaroni BBQ Chicken Southern Fried Catfish Crisp Potato Wedges Spanish Rice Fried Cabbage	18 SUPPER Baked Fish 5 Spice Chicken Knockwurst Spicy Brown Rice Parsley Butter Potatoes Veg Stir Fry	17. BBQ Pork Sandwich/Burritos 20. Polish Sausage Steak & Cheese Sub
19 BRUNCH POW/MIA Recognition Meal Lasagna Sweet Italian sausage Steam rice Pasta salad cannonball sandwich	20 LUNCH Roast Pork Loin Pot Roast Baked Stuffed Fish Oven Brown Potatoes Cauliflower Combo Succotash Green Beans	21 LUNCH Teriyaki Chicken Veal Parmesan Alaska Cheddar Fish Buttered Potatoes Fried Cabbage Steamed Carrots	22 LUNCH Mexican Day Hispanic meal Taco Lasagna Chalupa's & El rancho stew, Mexican Chicken Beef & Bean Burrito Mexican Corn	23 LUNCH Herbed Baked Chicken Beef & Noodles Southern Fried Catfish Mashed Potatoes Black Eyed Peas/Rice Sweet Potato	24 LUNCH Mexican Baked Chicken Country Style Steak Stuffed Green Peppers Baked Mac & Cheese Spanish Style Beans Peas & Carrots	25 BRUNCH Crispy Baked Chicken Baked Ham Ground Beef Yakisoba Spicy Brown Pilaf Rice Broccoli Glazed Carrots	21 Sloppy Joe Roast Beef Sub 22. Cheese Fishwich Monte Cristo 23. Cannonball & Italian Pepper Beef Sandwich
19 SUPPER Stir Fry Beef w/Broccoli Turkey Nuggets Pork Chop Suey Rice Pilaf Corn on the Cobb Green Beans	20 DINNER Spaghetti/ Meat Sauce Strip Loin Steak Roast Turkey Baked Potatoes Pea & Pepper Rice Summer Squash Glazed Carrots	21 DINNER Captain Chicken Meat Loaf Turkey Ala King Mashed Potatoes Mustard Greens Tempura Vegetables	22 DINNER Lemon Chicken Breast Jambalaya Sweet-Sour pork Rice Scalloped potato Mexican corn Cauliflower combo	23 DINNER Pork loin Chicken Cordon Bleu Veal Jaeger schnitzel Roasted Chicken Rice Potato Halves Steamed Carrots Simmered pinto	24 DINNER Lasagna Spaghetti /Meat sauce Chicken Cacciatore Steamed Rice Italian Baked Beans Cauliflower Parmesan Lasagna	25 SUPPER Fish Almandine Stir Fry Chicken W/Broccoli Pork Chops W/Mushrooms Gravy Rissole Potatoes Club Spinach	24. BBQ Pork Sandwich/Burritos 27. Cannonball Sand Fried Chicken Nuggets 28. Steak & Cheese Sub and Tacos
26 BRUNCH Baked fish Sauerbraten Chick parmesan Au gratin pot Cauliflower Fried cabbage	27 LUNCH Turkey roast Ribeye steak Tempura fish Mash potatoes Corn bread Temp veg Succotash	28 LUNCH Roast Pork Loin BBQ Beef Cubes Chicken Fajitas O'Brien Potatoes Steamed Rice Corn on the Cob	29 LUNCH Italian Day Chicken Cacciatore Spinach Lasagna Spaghetti & meatballs Broccoli Parmesan Herb Green Beans	30 LUNCH Mr. Z's Baked Chicken Pepper Steak Pasta Primavera BMT Mashed Potatoes Steamed Rice Mix Vegetable	 <p>Make the Pacific Coast Club Your NFL Football Destination With NFL Sunday Ticket Watch The Games You Want!</p>		29. Cheese Pizza Cheese Fishwich Reuben Sandwich
20 SUPPER Ginger BBQ Chicken Fried Shrimp Beef Manicotti Mashed Potatoes Crispy Potato Wedges Black Eyed Peas	27 DINNER Swiss Steak Baked Chicken Sweet Italian Sausage Harvest Blend Rice Mashed Potatoes Carrots	28 DINNER Fish w/Lemon Butter Pork Schnitzel Beef Yakisoba Ginger Rice Pinto Beans Spinach	29 DINNER Caribbean chick Salisbury steak Parmesan fish Noodles Jefferson Rice Mex corn Peas and onions	30 DINNER Pork Chops Liver w/ Onions Fried Fish Rissole Potatoes Broccoli Peas/Carrots			30. Buffalo Wings Roast Beef Sub

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