

RAMC Sunshine Café Monthly Menu

September 2019

Please note: Soup and Salad bar available every day

Menu subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 TBA Philly Cheesesteak Calico Beans</p>	<p>3 Pulled Chicken Sand. Sliced Ham Herb/Lemon Pilaf Corn Bread Mac 'n Cheese Broccoli or Beets</p>	<p>4 Salisbury Steak Potato-crustod Cod Vegetarian Pizza Mash Potatoes/ Gravy Carrots Garlic Mushrooms</p>	<p>5 Swiss Mushroom Chicken French Dip Sandwich Orange Ginger Stir Fry Brown Rice Veggie Spring Roll Peas or Cauliflower</p>	<p>6 Baked Cod Sloppy Joe Sandwich Cheese Manicotti with Marinara Baked Potato Corn or Asparagus</p>
<p>9 Roasted Turkey Breast Reuben Sandwich Pasta Primavera Oven Fried Pot. Chips Mashed Sweet Potato Mix Veggie/Snap Peas</p>	<p>10 Beef Taco Baked Chicken Quarter Veggies with Grains Mash Potatoes/ Gravy Refried Beans Squash or Green Beans</p>	<p>11 Chef's Special Cheeseburger Stuffed Pepper Potato Wedges Battered Mushrooms Mix Veggie/ Zucchini</p>	<p>12 Meatloaf Chicken Teriyaki Rotini/Marinara-no meat Mash Potato/Gravy Brown Rice Broccoli or Limas/ Garlic</p>	<p>13 Shrimp Alfredo Roast Pork Quiche Roasted Red Potatos Bread Sticks Mix Veggie/carrots</p>
<p>16 Chicken Dijonnaise Lemon Pepper Tilapia Hot Dog Baked Beans Brown/Wild Rice Green Beans/Mix Veg.</p>	<p>17 Swedish Meatballs Shrimp Po Boy Grilled Cheese Sweet Potato Fries Egg Noodles Cauliflower or Peas</p>	<p>18 Jerk Pork Sandwich Tuna Noodle Casserole Gourmet Pizza Kale Orzo Blend Fried Polenta Mix Veggies/ Broccoli</p>	<p>19 Roast Beef Chicken Gyro Formaggi Macaroni Buttered Baby Reds Seasoned French Fries Spinach or Carrots</p>	<p>20 Salmon Sausage Pasta Bake Portabella on Foccacia Twice Baked Potato Breadstick Brussel Sprouts</p>
<p>23 Salmon Burger Penne with Meat Sauce Garlic Gnocchi Cheesy Garlic Bread Potato Wedges Green Beans/ Rutabaga</p>	<p>24 Breaded Pork Chop Bacon/Mushroom Gravy Chicken Flatbread Sand. Cheese Ravioli Baked Sweet Potato Stewed Tomato/ Broccoli</p>	<p>25 Chef Special Beef Stroganoff Grill Caprese Sandwich Egg Noodles Brown Rice Chateau Veg/ Carrots</p>	<p>26 Stuffed Chicken Breast Tukey Fuseburger Vegetarian Fajitas Mash Potatoes/ Gravy Black Beans/Rice Capri Veg or Peas</p>	<p>27 Shrimp Scampi Baked Potato Casserole Veggie Burger French Fries Rice Pilaf Moon Blend/Wax Blend</p>

28 Fish Slider Beef Stew Garden Veg. Lasagna French Fries Roasted Cauliflower Stewed Tomatoes	29 Pulled Chicken Sand. Sliced Ham Herb/Lemon Pilaf Corn Bread Mac 'n Cheese Broccoli or Beets	30 Salisbury Steak Potato-crust Cod Vegetarian Pizza Mash Potatoes/ Gravy Carrots Garlic Mushrooms		
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