

RAMC Sunshine Café Monthly Menu
April 2021



Please note: Soup available every day
Menu subject to change without notice

Sprouted grains are good for you, with the sprouting process increasing antioxidants, B vitamin levels, and more Angelic Bakehouse products are non-GMO, whole grain and vegan!

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Roast Beef Chicken on Pretzel Roll with Red Pepper Jam Buttered Baby Reds Seasoned French Fries Spinach w/Mushrooms Carrots	2 Salmon Grilled Cheese Couscous Baked Potato Chateau Blend Brussel Sprouts
5 Tater Tot Casserole Gnocchi Pepperonata Cheesy Garlic Bread Baked Potato Chips Green Beans California Blend	6 Breaded Pork Chop Bacon/Mushroom Gravy Chicken Fajita Flatbread Baked Sweet Potato Poblano Corn Biscuit Corn/Broccoli	7 Lasagna Grilled Caprese Sandwich Bread Stick Garlic Parmesan Tots Chateau Veg/Carrots	8 Stuffed Chicken Breast Tukey Fouseburger Mash Potatoes/Gravy Seasoned Fries Capri Veg or Peas	9 Shrimp Scampi Loaded Potato Casserole Ranch Wedges Rice Pilaf Moon Blend/Wax Blend
12 Fish Slider Beef Stew Biscuit Seasoned Fries Roasted Cauliflower Capri Blend	13 Pulled Chicken Sandwich Sliced Ham Corn Bread Baked Beans Broccoli or Beets	14 Salisbury Steak Potato-crust Cod Mash Potatoes/Gravy Garlic Herb Pasta Carrots Garlic Mushrooms	15 Swiss Mushroom Chicken Italian Beef Brown Rice Oven Fried Chips Peas Cauliflower	16 Baked Cod Sloppy Joe Sandwich Baked Potato Tater Tots Corn or Asparagus
19 Roasted Turkey Breast Reuben Sandwich Oven Fried Pot. Chips Baked Sweet Potato Mix Veggie/Snap Peas	20 Baked Chicken Thigh Enchilada Casserole Mashed Potato/Gravy Spanish Rice Squash Corn	21 Pizza Cheeseburger Potato Wedges Battered Mushrooms Mix Veggie/Zucchini	22 Meatloaf Manicotti Bread Stick Mashed Potato/Gravy Broccoli Edamame w/Garlic	23 Roast Pork Quiche Roasted Red Potatoes Spaetzle Mixed Veggies Carrots
26 Chicken Parmesan Garlic Herb Tilapia Penne Brown/Wild Rice Green Beans/Mix Veg.	27 Swedish Meatballs Chicken Tenders Egg Noodles Potato Wedges Cauliflower or Peas	28 Pulled Pork Sandwich Tuna Noodle Casserole Sweet Potato Fries Onion Rings Mix Veggies/Broccoli	29 Roast Beef Chicken on Pretzel Roll with Red Pepper Jam Buttered Baby Reds Seasoned French Fries Spinach w/Mushrooms Carrots	30 Salmon Grilled Cheese Couscous Baked Potato Chateau Blend Brussel Sprouts