

## RAMC Sunshine Café Monthly Menu

**August 2021**

**Please note: Soup available every day**

**Menu subject to change without notice**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
2 Fish Slider Beef Stew Biscuit Seasoned Fries Roasted Cauliflower Capri Blend	3 Pulled Chicken Sandwich Sliced Ham Corn Bread Baked Beans Broccoli or Beets	4 Salisbury Steak Potato-crust Cod Mash Potatoes/Gravy Garlic Herb Pasta Carrots Garlic Mushrooms	5 Swiss Mushroom Chicken Italian Beef Brown Rice Oven Fried Chips Peas Cauliflower	6 Baked Cod Sloppy Joe Sandwich Baked Potato Tater Tots Corn or Asparagus
9 Roasted Turkey Breast Reuben Sandwich Oven Fried Pot. Chips Baked Sweet Potato Mix Veggie Snap Peas	10 Baked Chicken Quarters Enchilada Casserole Mashed Potato/Gravy Spanish Rice Squash Corn	11 Pizza Cheeseburger Potato Wedges Battered Mushrooms Mix Veggie Zucchini	12 Meatloaf Manicotti Bread Stick Mashed Potato/Gravy Broccoli Edamame w/Garlic	13 Roast Pork Quiche Roasted Red Potatoes Spaetzle Mixed Veggies Carrots
16 Chicken Parmesan Garlic Herb Tilapia Penne Brown/Wild Rice Green Beans Mixed Vegetables	17 Swedish Meatballs Chicken Tenders Egg Noodles Potato Wedges Cauliflower Peas	18 Pulled Pork Sandwich Tuna Noodle Casserole Sweet Potato Fries Onion Rings Mix Veggies Broccoli	19 Roast Beef Chicken on Pretzel Roll with Red Pepper Jam Buttered Baby Reds Seasoned French Fries Spinach w/Mushrooms Carrots	20 Salmon Grilled Cheese Couscous Baked Potato Chateau Blend Brussel Sprouts
23 Tater Tot Casserole Gnocchi Pepperonata Cheesy Garlic Bread Baked Potato Chips Green Beans California Blend	24 Breaded Pork Chop Bacon/Mushroom Gravy Chicken Fajita Flatbread Baked Sweet Potato Jalapeno Cheddar Scone Corn Broccoli	25 Lasagna Grilled Caprese Sandwich Bread Stick Garlic Parmesan Tots Chateau Vegetables Carrots	26 Stuffed Chicken Breast Tukey Fuseburger Mash Potatoes/Gravy Seasoned Fries Capri Vegetables Peas	27 Shrimp Scampi Loaded Potato Casserole Ranch Wedges Rice Pilaf Moon Blend Island Blend
30 Fish Slider Beef Stew Biscuit Seasoned Fries Roasted Cauliflower Capri Blend	31 Pulled Chicken Sandwich Sliced Ham Corn Bread Baked Beans Broccoli Beets		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! 	