

RAMC Sunshine Café Monthly Menu

October 2021

Please note: Soup available every day

Menu subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
 <p style="text-align: center;">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!</p>				<p>1 Baked Cod Sloppy Joe Sandwich Baked Potato Tater Tots Corn or Asparagus</p>
<p>4 Roasted Turkey Breast Reuben Sandwich Oven Fried Pot. Chips Baked Sweet Potato Mix Veggie/Snap Peas</p>	<p>5 Baked Chicken Quarters Tamale Mashed Potato/Gravy Spanish Rice Squash Corn</p>	<p>6 Pizza Cheeseburger French Fries Battered Mushrooms Mix Veggie/Zucchini</p>	<p>7 Meatloaf Manicotti Bread Stick Mashed Potato/Gravy Broccoli Edamame w/Garlic</p>	<p>8 Roast Pork Quiche Roasted Red Potatoes Spaetzle Mixed Veggies Carrots</p>
<p>11 Chicken Parmesan Thai Iapia Penne Brown/Wild Rice Green Beans/Mix Veg.</p>	<p>12 Swedish Meatballs Chicken Tenders Egg Noodles French Fries Cauliflower or Peas</p>	<p>13 Pulled Pork Sandwich Tuna Noodle Casserole Sweet Potato Fries Onion Rings Mix Veggies/Broccoli</p>	<p>14 Roast Beef Chicken on Pretzel Roll with Red Pepper Jam Buttered Baby Reds Curly Fries Spinach w/Mushrooms Carrots</p>	<p>15 Salmon Grilled Cheese Couscous Baked Potato Chateau Blend Brussel Sprouts</p>
<p>18 Tater Tot Casserole Gnocchi Pepperonata Cheesy Garlic Bread Baked Potato Chips Green Beans California Blend</p>	<p>19 Breaded Pork Chop Bacon/Mushroom Gravy Chicken Fajita Flatbread Baked Sweet Potato Jalapeno Scone Corn/Broccoli</p>	<p>20 Lasagna Grilled Caprese Sandwich Bread Stick Garlic Parmesan Tots Chateau Veg/Carrots</p>	<p>21 Chicken Kiev Turkey Fused Burger Mash Potatoes/Gravy Curly Fries Capri Veg or Peas</p>	<p>22 Shrimp Scampi Loaded Potato Casserole Ranch Fries Rice Pilaf Moon Blend/Wax Blend</p>
<p>25 Fish Slider Beef Stew Biscuit Curly Fries Roasted Cauliflower Capri Blend</p>	<p>26 Pulled Chicken Sandwich Sliced Ham Corn Bread Baked Beans Broccoli or Beets</p>	<p>27 Salisbury Steak Potato-crust Cod Mash Potatoes/Gravy Garlic Herb Pasta Carrots Garlic Mushrooms</p>	<p>28 Swiss Mushroom Chicken Italian Beef Brown Rice Oven Fried Chips Peas Cauliflower</p>	<p>29 Baked Cod Sloppy Joe Sandwich Baked Potato Tater Tots Corn or Asparagus</p>