

RAMC Sunshine Café Monthly Menu

December 2021

Please note: Soup available every day

Menu subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Sprouted grains are good for you, with the sprouting process increasing antioxidants, B vitamin levels, and more Angellic Bakehouse products are non-GMO, whole grain and vegan!</p>		1 Pizza Cheeseburger French Fries Battered Mushrooms Mix Veggie/Zucchini	2 Meatloaf Cheese Manicotti Bread Stick Mashed Potato/Gravy Broccoli Edamame w/Garlic	3 Roast Pork Potato Crusted Cod Roasted Red Potatoes Spaetzle Mixed Veggies Carrots
6 Chicken Parmesan Thailandia Penne Brown/Wild Rice Green Beans/Mix Veg	7 Swedish Meatballs Chicken Tenders Egg Noodles French Fries Cauliflower or Peas	8 Pulled Pork Sandwich Tuna Noodle Casserole Sweet Potato Fries Onion Rings Mix Veggies/Broccoli	9 Roast Beef Chicken on Pretzel Roll with Red Pepper Jam Buttered Baby Reds Curly Fries Spinach w/Mushrooms Carrots	10 Salmon Grilled Cheese Couscous Baked Potato Chateau Blend Brussel Sprouts
13 Tater Tot Casserole Gnocchi Pepperonata Cheesy Garlic Bread Baked Potato Chips Green Beans California Blend	14 Breaded Chicken Breast Bacon/Mushroom Gravy Chicken Fajita Flatbread Baked Sweet Potato Jalapeno Cheddar Scone Corn/Broccoli	15 Lasagna Grilled Caprese Sandwich Bread Stick Garlic Parmesan Tots Mixed Veg/Carrots	16 Chicken Kiev Turkey Fused Burger Mash Potatoes/Gravy Curly Fries Capri Veg or Peas	17 Shrimp Scampi Loaded Potato Casserole Ranch Fries Rice Pilaf Moon Blend/Wax Blend
20 Fish Slider Beef Stew Biscuit Curly Fries Roasted Cauliflower Capri Blend	21 Pulled Chicken Sandwich Sliced Ham Corn Bread Baked Beans Broccoli or Beets	22 Salisbury Steak Ham/Spinach/Swiss Quiche Mashed Potatoes/Gravy Garlic Herb Pasta Carrots Garlic Mushrooms	23 Swiss Mushroom Chicken Italian Beef Brown Rice Oven Fried Chips Peas Cauliflower	24 
27 Roasted Turkey Breast Reuben Sandwich Oven Fried Pot. Chips Baked Sweet Potato Mix Veggie/Snap Peas	28 Baked Chicken Quarters Tamale Mashed Potato/Gravy Spanish Rice Squash Corn	29 Pizza Cheeseburger French Fries Battered Mushrooms Mix Veggie/Zucchini	30 Meatloaf Manicotti Bread Stick Mashed Potato/Gravy Broccoli Edamame w/Garlic	31 Café is Closed 