

Sembach Community Activity Center Restaurant

	Menu I	Menu II	Sides
Monday 28 Nov 16	Home-Style Pot Roast	Jerk Chicken	Buttered Noodles Steamed Rice Steamed Broccoli Vegetarian Dish
Tuesday 29 Nov. 15	Grilled Trout Fish	Chicken Parmesan	Lemon Rice Pilaf Lyonnaise Green Beans Seasoned Carrots Vegetarian Dish
Wednesday 30 Nov. 16	Fried Catfish Mac & Cheese Collard Greens	BBQ Ribs Sweet Potatoes Fried Cabbage	Fried Chicken Black Eyed Peas Cornbread
Thursday 1 Dec 2016	Roast Pork Loin	Baked Chicken	Oven Browned Potatoes Steamed Rice Steamed Cauliflower Vegetarian Dish
Friday 2 Dec. 16	Beef Stroganoff	Roasted Turkey	Garlic Roasted Potato Wedges Steamed Rice Creole Green Beans Vegetarian Dish
Saturday 3 Dec. 16	Salisbury Steak	Chicken Cordon Bleu	Parsley Buttered Potatoes Rice Pilaf Peas w/ Carrots
Sunday 4 Dec. 16	New England Style Corned Beef	Cajun Chicken Pasta	Garden Rice Mashed Potatoes Orange Carrot Almandine



Dinner

	Menu I	Sides
Monday 28 Nov . 16	Roasted Turkey	Rice Pilaf Corn O'Brien
Tuesday 29 Nov. 16	Roast Turkey	Macaroni Cheese Seasoned Corn
Wednesday 30 Nov. 16	Real Sloppy Joes	Red Beans and Rice Mixed Vegetables
Thursday 1 Dec. 16	Swedish Meatballs	Steamed Rice Mixed Vegetables
Friday 2 Dec. 16	Vegetable Beef Lasagna	Scalloped Potatoes Vegetable Stir Fry
Saturday 3 Dec. 16	Grilled Pork Chops w/ Sauteed Onions & Mushrooms	Steamed Rice Peas w/ Onions
Sunday 4 Dec. 16	Chicken Vega	Egg Noodles w/ Cheese Seasoned Steamed Broccoli

New* Menu 3: Vegetarian Meal Monday-Tuesday & Thursday-Friday

Sembach Community Activity Center Restaurant

	Menu I	Menu II	Sides
Monday 5 Dec 16	Jamacia Beef Patties	Jerk Chicken	Buttered Noodles Steamed Rice Steamed Broccoli Vegetarian Dish
Tuesday 6 Dec. 15	Creamy Burrito Casserole	Turkey Paprika	Pasta Provencal Homemade Potato Veggies Seasoned Corn on the Cob Vegetarian Dish
Wed 7 Dec. 16	Fried Catfish Mac & Cheese Collard Greens	BBQ Ribs Sweet Potatoes Fried Cabbage	Fried Chicken Black Eyed Peas Cornbread
Thursday 8 Dec 16	Crispy Orange Beef	Scalloped Turkey Au Gratin	Red Beans & Rice Baked Potatoes Seasoned Asparagus Vegetarian Dish
Friday 9 Dec. 16	Roast Lamb w/ Sauteed Onions and Mushrooms	King Ranch Cornish Hens	Cornbread Dressing Steamed Rice Steamed Corn Vegetarian Dish
Saturday 10 Dec. 16	Korean Beef	Asian Style Ribs	Egg Rolls w/ Sweet & Sour Sauce Fried Rice Asian Cabbage
Sunday 11 Dec. 16	Garlic Beef Steak	Bow Tie Pasta with Sausage, Tomatoes and Cream	Steamed Rice Easy Cheesy Broccoli



Dinner

	Menu I	Sides
Monday 5 Dec . 16	Grilled Chicken Breast	Fried Rice Steamed Broccoli
Tuesday 6 Dec. 16	General Tao Chicken	Steamed Rice Steamed Carrots
Wednesday 7 Dec. 16	Sweet Sour Pork	Steamed Rice Seasoned Green Beans
Thursday 8 Dec. 16	Grilled Marsala Chicken Breast	Garlic Mashed Potatoes w/ Brown Gravy Mixed Vegetables
Friday 9 Dec. 16	Shrimp/ Ham Rice	Steamed Carrots Steamed Pasta
Saturday 10 Dec. 16	Meat Loaf	Garlic Potatoes Veggie Seasoned Asparagus
Sunday 11 Dec. 16	Country Fried Steak w/ Country Style Mushroom Gravy	Garden Rice Seasoned Green Carrots

New* Menu 3: Vegetarian Meal Monday-Tuesday & Thursday-Friday

Sembach Community Activity Center Restaurant

Lunch

	Menu I	Menu II	Sides
Monday 12 Dec 16	Mediterranean Beef	Lemon Chicken	Couscous Med. Rice Med .Vegetables
Tuesday 13 Dec. 15	Taco Meat	Fresh Chicken Quesadilla	Mexican Rice Corn Mexican Pinto Beans
Wednesday 14 Dec. 16	Fried Catfish Mac & Cheese Collard Greens	BBQ Ribs Sweet Potatoes Fried Cabbage	Fried Chicken Black Eyed Peas Cornbread
Thursday 15 Dec 2016	Beef or Turkey Yakisoba	Plain Wings BBQ Sauce Lemon Sauce Honey Ginger Sauce	Chili Fries Escalloped Potatoes Mixed Vegetables
Friday 16 Dec. 16	Beef Bulgogi	Braised Short Ribs w/ Creamy Polenta	Steamed Rice Mashed Potatoes Peas and Carrots Vegetarian Dish
Saturday 17 Dec. 16	Grilled Pork Chop	Garlic Chicken Breast	Steamed Rice Roasted Potatoes Vegetable Curry
Sunday 18 Dec. 16	Hearty Beef Stew	Seafood Paella Rice	Steamed Pasta Green Beans w/ Onions



Dinner

	Menu I	Sides
Monday 12 Dec . 16	Roasted Turkey	Rice Pilaf Corn O'Brien
Tuesday 13 Dec. 16	Roast Turkey	Macaroni Cheese Seasoned Corn
Wednesday 14 Dec. 16	Real Sloppy Joes	Red Beans and Rice Mixed Vegetables
Thursday 15 Dec. 16	Swedish Meatballs	Steamed Rice Mixed Vegetables
Friday 16 Dec. 16	Chicken Vega	Egg Noodles w/ Cheese Seasoned Steamed Broccoli
Saturday 17 Dec. 16	Vegetable Beef Lasagna	Scalloped Potatoes Vegetable Stir Fry
Sunday 18 Dec 16	Grilled Pork Chops w/ Sauteed Onions & Mushroom Sauce	Steamed Rice Peas w/ Onions

New* Menu 3: Vegetarian Meal Monday-Tuesday & Thursday-Friday

Sembach Community Activity Lunch Center Restaurant

	Menu I	Menu II	Sides
Monday 19 Dec 16	Home-Style Pot Roast	Jerk Chicken	Buttered Noodles Steamed Rice Steamed Broccoli Vegetarian Dish
Tuesday 20 Dec. 15	Grilled Trout Fish	Chicken Parmesan	Lemon Rice Pilaf Lyonnais Green Beans Seasoned Carrots Vegetarian Dish
Wednesday 21 Dec. 16	Fried Catfish Mac & Cheese Collard Greens	BBQ Ribs Sweet Potatoes Fried Cabbage	Fried Chicken Black Eyed Peas Cornbread
Thursday 22 Dec 2016	Roast Pork Loin	Baked Chicken	Oven Brownd Potatoes Steamed Rice Steamed Cauliflower Vegetarian Dish
Friday 23 Dec. 16	Beef Stroganoff	Roasted Turkey	Garlic Roasted Potato Wedges Steamed Rice Creole Green Beans Vegetarian Dish
Saturday 24 Dec. 16	Masala Ginger Lamb	Chicken Cordon Bleu	Parsley Buttered Potatoes Rice Pilaf Peas w/ Carrots
Sunday 25 Dec. 16	Christmas Day BBQ Ribs Roast Turkey	Roast Beef Macaroni Cheese	Mashed Potatoes Collard Greens Fried Cabbage



Dinner

	Menu I	Sides
Monday 19 Dec . 16	Grilled Chicken Breast	Fried Rice Steamed Broccoli
Tuesday 20 Dec. 16	General Tao Chicken	Steamed Rice Steamed Carrots
Wednesday 21 Dec. 16	Sweet Sour Pork	Steamed Rice Seasoned Green Beans
Thursday 22 Dec. 16	Grilled Marsala Chicken Breast	Garlic Mashed Potatoes w/ Brown Gravy Mixed Vegetables
Friday 23 Dec. 16	Shrimp/Ham Rice	Steamed Carrots Steamed Pasta
Saturday 24 Dec. 16	Meatloaf	Garlic Potato Veggies Seasoned Asparagus
Sunday 25 Dec 16	Christmas Day	

New* Menu 3: Vegetarian Meal Monday-Tuesday & Thursday-Friday

Sembach Community Activity Lunch Center Restaurant

	Menu I	Menu II	Sides
Monday 26 Dec 16	New England Style Corned Beef	Cajun Chicken Pasta	Garden Rice Mashed Potatoes Orange Carrot Almandine Vegetarian Dish
Tuesday 27 Dec. 15	Creamy Burrito Casserole	Turkey Paprika	Pasta Provencal Homemade Potato Veggies Seasoned Corn on the Cob Vegetarian Dish
Wednesday 28 Dec. 16	Fried Catfish Mac & Cheese Collard Greens	BBQ Ribs Sweet Potatoes Fried Cabbage	Fried Chicken Black Eyed Peas Cornbread
Thursday 29 Dec 2016	Crispy Orange Beef	Scalloped Turkey Au Gratin	Red Beans & Rice Baked Potatoes Seasoned Asparagus Vegetarian Dish
Friday 30 Dec. 16	Roast Lamb with Sauteed Onions and Mushrooms	King Ranch Cornish Hens	Cornbread Dressing Steamed Rice Steamed Corn Vegetarian Dish
Saturday 31 Dec. 16	Korean Beef	Asian Style Ribs	Fried Rice Asian Cabbage Vegetarian Dish
Sunday 1 Jan 17	Garlic Beef Steak	Bow Tie Pasta with Sausage, Tomatoes and Cream	Steamed Rice Easy Cheesy Broccoli Vegetarian



Dinner

	Menu I	Sides
Monday 26 Dec . 16	Country Fried Steak w/Country Style Mushroom Gravy	Garden Rice Seasoned Green Carrots
Tuesday 27 Dec. 16	Roasted Turkey	Rice Pilaf Corn O'Brien
Wednesday 28 Dec. 16	Roast Turkey	Macaroni Cheese Seasoned Corn
Thursday 29 Dec. 16	Real Sloppy Joes	Reds Beans and Rice Mixed Vegetables
Friday 30 Dec. 16	Swedish Meatballs	Steamed Rice Mixed Vegetables
Saturday 31 Dec. 16	Vegetable Beef Lasagna	Scalloped Potatoes Vegetable Stir Fry
Sunday 1 Jan 17	Grilled Pork Chops w/ Sauteed Onions & Mushroom Sauce	Steamed Rice Peas w/ Onions

**New* Menu 3: Vegetarian Meal Monday-
Tuesday & Thursday-Friday**

Sembach Community Activity Center Restaurant

	Menu I	Menu II	Sides
Sunday 01 Jan 17	Roast Pork	Turkey w/ Mushrooms	Steamed Rice Cornbread Dressing Seasoned Green Beans
Monday 02 Jan 17	Mediterranean Day Middle Eastern Lamb	Middle Eastern Lemon Chicken	Middle Eastern -Rice -Vegetables -Couscous
Tuesday 03 Jan 17	Wing Day Fried Wings	Beef Yakisoba	Scalloped Potatoes Fried Rice Peas and Carrots Wings Sauce
Wed 04 Jan 2017	Soul Food Day Fried Catfish	BBQ Ribs Fried Chicken	Mac n Cheese Sweet Pot. Black Eyed Peas Collard Greens Corn Bread
Thurs 05 Jan 2017	Jamaican Day Jerk Chicken	Jamaican Beef	Hopping John Rice Jamaican Cabbage Jamaican Pasta
Friday 06 Jan 2017	Asian Day Korean Beef	Asian Style Ribs	Fried Rice Asian Pasta Asian Cabbage
Sat 07 Jan 2017	Salisbury Steak	Baked Salmon	Mashed Potatoes Seasoned Carrots



Dinner

	Menu I	Sides
Sunday 01 Jan 17	Pepper Steak -OR- Baked Chicken	Steamed Rice Steamed Broccoli
Monday 02 Jan 17	Baked Sausage -OR- Baked Fish	Steamed Rice Steamed Peas
Tuesday 03 Jan 17	Chicken Cordon Bleu -OR- Meatballs w. Red Sauce	Steamed Spaghetti Steamed Cauliflower
Wed 04 Jan 2017	Swedish Meatballs -OR- Roast Turkey	Steamed Rice Mixed Vegetable
Thurs 05 Jan 2017	Grilled Pork Chop -OR- Turkey Paprika	Steamed Rice Green Beans
Friday 06 Jan 2017	Baked Chicken Parmesan -OR- Hungarian Goulash	Buttered Noodles Seasoned Corn
Sat 07 Jan 2017	Chicken Teriyaki -OR- Pepper Steak	Steamed Rice Seasoned Cauliflower

**New* Menu 3: Vegetarian Meal Monday-
Tuesday & Thursday-Friday**

Sembach Community Activity Center Restaurant

	Menu I	Menu II	Sides
Sunday 08 Jan 17	Beef w/ Broccoli	Baked Pollock	Steamed Rice Peas and Carrots
Monday 09 Jan 17	Grilled Trout Fillet	Grilled Chicken	Lemon Rice Oven Browned Potatoes Orange Carrots Mixed Vegetables
Tuesday 10 Jan 17	German Day German Schnitzel	German Stuffed Beef w/ Bacon & Onions	German -Noodles -Potatoes -Red Cabbage
Wed 04 Jan 2017	Soul Food Day Fried Catfish	BBQ Ribs Fried Chicken	Mac n Cheese Sweet Pot. Black Eyed Peas Collard Greens Corn Bread
Thurs 12 Jan 2017	Roasted Lamb	Chicken Corn Beef Stew	Roasted Potatoes w/ Onions Steamed Rice Mixed Vegetables
Friday 13 Jan 2017	Mexican Day Fresh Chicken Quesadilla	Taco Meat	Mexican -Mac & Cheese -Beans -Corn
Sat 14 Jan 2017	BBQ Chicken	Glazed Ham	Roasted Potatoes Rice Pilaf Lyonnaise Green Beans Seasoned Corn



Dinner

	Menu I	Sides
Sunday 08 Jan 17	Turkey Meatloaf -OR- General TSO Chicken	Oriental Rice Seasoned Broccoli
Monday 09 Jan 17	Sweet Sour Pork -OR- Roasted Turkey	Buttered Potatoes Seasoned Green Beans Steamed Rice
Tuesday 10 Jan 17	Grilled Chicken Marsala -OR- Shrimp Ham	Steamed Rice Seasoned Green Beans
Wed 11 Jan 2017	Beef Stroganoff -OR- Roasted Turkey	Steamed Pasta Corn O'Brien
Thurs 12 Jan 2017	Cajun Chicken Pasta -OR- King Ranch Cornish Hens	Roasted Potatoes Steamed Carrots
Friday 13 Jan 2017	Crispy Orange Beef -OR- Chicken Cordon Bleu	Steamed Rice Cauliflower
Sat 14 Jan 2017	Hearty Beef Stew -OR- Grilled Pork Chops	Steamed Rice Steamed Peas

**New* Menu 3: Vegetarian Meal Monday-
Tuesday & Thursday-Friday**

Sembach Community Activity Center Restaurant

Dinner

	Menu I	Menu II	Sides
Sunday 15 Jan 17	Swedish Meatballs	Oven Fried Chicken	Mashed Potatoes Fried Rice Hacienda Corn
Monday 16 Jan 17	Indian Day Indian Lamb	Indian Chicken w/ Peanut Butter Sauce	Indian -Rice -Roasted Pot. -Mixed Vegetables
Tuesday 17 Jan 17	Beef Bulgogi	Braised Short Ribs	Steamed Rice Mashed Potatoes Peas and Carrots
Wed 18 Jan 17	Soul Food Day Fried Catfish	BBQ Ribs Fried Chicken	Mac n Cheese Sweet Pot. Black Eyed Peas Collard Greens Corn Bread
Thursday 19 Jan 17	Jamaican Day Jamaican Beef Jerk	Jerk Chicken	Hopping John Rice Jamaican -Cabbage -Pasta
Friday 20 Jan 17	Shrimp Scampi	New England Style Corned Beef	Garden Rice Orange Carrots Almandine
Saturday 21 Jan 17	Baked Chicken	Baked Salmon w/ Lemon Sauce	Steamed Rice Peas and Carrots



	Menu I	Sides
Sunday 15 Jan 17	Baked Salmon -OR- BBQ Ribs	Garden Vegetable Rice Steamed Cabbage
Monday 16 Jan 17	Fresh Chicken Burritos -OR- Fresh Beef Quesadilla	Spanish Rice Mixed Vegetables
Tuesday 17 Jan 17	Chicken Teriyaki -OR- Fried Shrimp	Steamed Rice Corn on the Cob
Wed 18 Jan 17	Yankee Pot Roast -OR- Baked Sausage w/ Potatoes	Dirty Rice Steamed Broccoli
Thursday 19 Jan 17	Grilled Pork Chops -OR- Turkey w/ Paprika	Steamed Rice Green Beans
Friday 20 Jan 17	Grilled Chicken -OR- Grilled Roast Turkey	Garlic Mashed Potatoes Peas w/ Onions
Saturday 21 Jan 17	Swiss Steak w/ Mushroom Sauce -OR- Chicken Cordon Bleu	Steamed Noodles Steamed Broccoli

New* Menu 3: Vegetarian Meal Monday-Tuesday & Thursday-Friday

Sembach Community Activity Center Restaurant

Dinner

	Menu I	Menu II	Sides
Sunday 22 Jan 17	Braised Beef	General TSO Chicken	Steamed Rice Seasoned Green Beans
Monday 23 Jan 17	Grilled Trout Fillet	Grilled Chicken	Lemon Rice Oven Brown Potatoes Vegetarian Dish Mixed Veg. Orange Carrots
Tuesday 24 Jan 17	German Day German Schnitzel	German Stuffed Beef w/ Bacon and Onions	German - Potatoes - Red Cabbage - Noodles
Wed 25 Jan 17	Soul Food Day Fried Catfish	BBQ Ribs Fried Chicken	Mac & Cheese Sweet Pot. Black Eyed Peas Collard Greens Corn Bread
Thursday 26 Jan 17	Grilled Salmon	Chicken Cordon Bleu	Rice Pilaf Parsley Buttered Potatoes Peas and Carrots
Friday 27 Jan 17	Mediterranean Day Middle Eastern Lamb	Middle Eastern Lemon Chicken	Middle Eastern -Rice -Vegetables -Couscous
Saturday 28 Jan 17	Beef w/ Broccoli	Baked Pollock	Steamed Rice Peas and Carrots



	Menu I	Sides
Sunday 22 Jan 17	Grilled Cornish Hens -OR- Baked Ham	Mac & Cheese Fried Cabbage
Monday 23 Jan 17	Sweet & Sour Pork -OR- Roasted Turkey	Buttered Potatoes Steamed Rice Seasoned Green Beans
Tuesday 24 Jan 17	Grilled Chicken Marsala -OR- Shrimp Ham Stew	Steamed Rice Seasoned Green Beans
Wed 25 Jan 17	New England Style Corned Beef -OR- Grilled Chicken Breast	Garlic Mashed Potatoes Mixed Vegetables
Thursday 26 Jan 17	Beef Stroganoff -OR- Roasted Turkey	Steamed Rice Steamed Pasta Steamed Broccoli
Friday 27 Jan 17	Baked Sausage w/ Potatoes -OR- Baked Fish	Steamed Rice Steamed Peas
Saturday 28 Jan 17	Turkey Meatloaf -OR- General TSO Chicken	Oriental Rice Seasoned Broccoli

New* Menu 3: Vegetarian Meal Monday-Tuesday & Thursday-Friday

Sembach Community Activity Center Restaurant

Dinner

	Menu I	Menu II	Sides
Sunday 29 Jan 17	Glazed Ham	BBQ Chicken	Roasted Potatoes Rice Pilaf Lyonnaise Green Beans Seasoned Corn
Monday 30 Jan 17	German Day German Schnitzel	German Stuffed Beef w/ Bacon & Onions	German -Noodles -Potatoes -Red Cabbage
Tuesday 31 Jan 17	Wing Day Fried Wings	Beef Yakisoba	Scalloped Potatoes Fried Rice Peas and Carrots Wings Sauce
Wed 1 Feb 17	Soul Food Day Fried Catfish	BBQ Ribs Fried Chicken	Mac & Cheese Sweet Pot. Black Eyed Peas Collard Greens Corn Bread
Thursday 2 Feb 17	Jamaican Day Jamaican Beef Patties	Jerk Chicken	Hopping John Rice Jamaican -Cabbage -Pasta
Friday 3 Feb 17	Asian Day Korean Beef	Asian Style Ribs	Fried Rice Asian Pasta Asian Cabbage
Saturday 4 Feb 17	Salisbury Steak	Baked Salmon	Mashed Potatoes Seasoned Carrots



	Menu I	Sides
Sunday 29 Jan 17	Hearty Beef Stew -OR- Grilled Pork Chops	Steamed Rice Steamed Peas
Monday 30 Jan 17	Grilled Chicken Marsala -OR- Shrimp Ham	Steamed Rice Seasoned Green Beans
Tuesday 31 Jan 17	Chicken Cordon Bleu -OR- Meatballs w/Red Sauce	Steamed Spaghetti Steamed Cauliflower
Wed 1 Feb 17	Swedish Meatballs -OR- Roast Turkey	Steamed Rice Mixed Vegetable
Thursday 2 Feb 17	Grilled Pork Chop -OR- Turkey Paprika	Steamed Rice Green Beans
Friday 3 Feb 17	Baked Chicken Parmesan -OR- Hungarian Goulash	Buttered Noodles Seasoned Corn
Saturday 28 Jan 17	Chicken Teriyaki -OR- Pepper Steak	Steamed Rice Seasoned Cauliflower

New* Menu 3: Vegetarian Meal Monday-Tuesday & Thursday-Friday

Sembach Community Activity Center Restaurant

Dinner

	Menu I	Menu II	Sides
Sunday Feb 5, 17	Beef w/ Broccoli	Baked Pollock	Steamed Rice Peas and Carrots
Monday Feb 6, 17	Grilled Trout Fillet	Grilled Chicken	Lemon Rice Oven Browned Potatoes Orange Carrots Mixed Vegetables
Tuesday Feb 7, 17	German Day German Schnitzel	German Stuffed Beef w/ Bacon & Onions	German -Noodles -Potatoes -Red Cabbage
Wed Feb 8, 17	Soul Food Day Fried Catfish	BBQ Ribs Fried Chicken	Mac n Cheese Sweet Pot. Black Eyed Peas Collard Greens Corn Bread
Thursday Feb 9, 17	Roasted Lamb	Chicken Corn Beef Stew	Roasted Potatoes w/ Onions Steamed Rice Mixed Vegetables
Friday Feb 10, 17	Mexican Day Fresh Chicken Quesadilla	Taco Meat	Mexican -Mac & Cheese -Beans -Corn
Saturday Feb 11, 17	BBQ Chicken	Glazed Ham	Roasted Potatoes Rice Pilaf Lyonnaise Green Beans Seasoned Corn



	Menu I	Sides
Sunday Feb 5, 17	Turkey Meatloaf -OR- General TSO Chicken	Oriental Rice Seasoned Broccoli
Monday Feb 6, 17	Sweet Sour Pork -OR- Roasted Turkey	Buttered Potatoes Seasoned Green Beans Steamed Rice
Tuesday Feb 7, 17	Grilled Chicken Marsala -OR- Shrimp Ham	Steamed Rice Seasoned Green Beans
Wed Feb 8, 17	Beef Stroganoff -OR- Roasted Turkey	Steamed Pasta Corn O'Brien
Thursday Feb 9, 17	Cajun Chicken Pasta -OR- King Ranch Cornish Hens	Roasted Potatoes Steamed Carrots
Friday Feb 10, 17	Crispy Orange Beef -OR- Chicken Cordon Bleu	Steamed Rice Cauliflower
Saturday Feb 11, 17	Hearty Beef Stew -OR- Grilled Pork Chops	Steamed Rice Steamed Peas

**New* Menu 3: Vegetarian Meal Monday-
Tuesday & Thursday-Friday**

Sembach Community Activity Center Restaurant

Dinner

	Menu I	Menu II	Sides
Sunday Feb 12, 17	Swedish Meatballs	Oven Fried Chicken	Mashed Potatoes Fried Rice Hacienda Corn
Monday Feb 13, 17	Indian Day Indian Lamb	Indian Chicken w/ Peanut Butter Sauce	Indian -Rice -Roasted Pot. -Mixed Vegetables
Tuesday Feb 14, 17	Beef Bulgogi	Braised Short Ribs	Steamed Rice Mashed Potatoes Peas and Carrots
Wed Feb 15, 17	Soul Food Day Fried Catfish	BBQ Ribs Fried Chicken	Mac n Cheese Sweet Pot. Black Eyed Peas Collard Greens Corn Bread
Thursday Feb 16, 17	Jamaican Day Jamaican Beef Jerk	Jerk Chicken	Hopping John Rice Jamaican -Cabbage -Pasta
Friday Feb 17, 17	Shrimp Scampi	New England Style Corned Beef	Garden Rice Orange Carrots Almandine
Saturday Feb 18, 17	Baked Chicken	Baked Salmon w/ Lemon Sauce	Steamed Rice Peas and Carrots



	Menu I	Sides
Sunday Feb 12, 17	Baked Salmon -OR- BBQ Ribs	Garden Vegetable Rice Steamed Cabbage
Monday Feb 13, 17	Fresh Chicken Burritos -OR- Fresh Beef Quesadilla	Spanish Rice Mixed Vegetables
Tuesday Feb 14, 17	Chicken Teriyaki -OR- Fried Shrimp	Steamed Rice Corn on the Cob
Wed Feb 15, 17	Yankee Pot Roast -OR- Baked Sausage w/ Potatoes	Dirty Rice Steamed Broccoli
Thursday Feb 16, 17	Grilled Pork Chops -OR- Turkey w/ Paprika	Steamed Rice Green Beans
Friday Feb 17, 17	Grilled Chicken -OR- Grilled Roast Turkey	Garlic Mashed Potatoes Peas w/ Onions
Saturday Feb 18, 17	Swiss Steak w/ Mushroom Sauce	Steamed Noodles Steamed Broccoli

New* Menu 3: Vegetarian Meal Monday-
Tuesday & Thursday-Friday

Sembach Community Activity Center Restaurant

Dinner

	Menu I	Menu II	Sides
Sunday Feb 19, 17	Braised Beef	General TSO Chicken	Steamed Rice Seasoned Green Beans
Monday Feb 20, 17	Grilled Trout Fillet	Grilled Chicken	Lemon Rice Oven Brown Potatoes Vegetarian Dish Mixed Veg. Orange Carrots
Tuesday Feb 21, 17	German Day German Schnitzel	German Stuffed Beef w/ Bacon and Onions	German - Potatoes - Red Cabbage - Noodles
Wed Feb 22, 17	Soul Food Day Fried Catfish	BBQ Ribs Fried Chicken	Mac & Cheese Sweet Pot. Black Eyed Peas Collard Greens Corn Bread
Thursday Feb 23, 17	Grilled Salmon	Chicken Cordon Bleu	Rice Pilaf Parsley Buttered Potatoes Peas and Carrots
Friday Feb 24, 17	Mediterranean Day Middle Eastern Lamb	Middle Eastern Lemon Chicken	Middle Eastern -Rice -Vegetables -Couscous
Saturday Feb 25, 17	Beef w/ Broccoli	Baked Pollock	Steamed Rice Peas and Carrots



	Menu I	Sides
Sunday Feb 19, 17	Grilled Cornish Hens	Mac & Cheese Fried Cabbage
Monday Feb 20, 17	Sweet & Sour Pork -OR- Roasted Turkey	Buttered Potatoes Steamed Rice Seasoned Green Beans
Tuesday Feb 21, 17	Grilled Chicken Marsala -OR- Shrimp Ham Stew	Steamed Rice Seasoned Green Beans
Wed Feb 22, 17	New England Style Corned Beef -OR- Grilled Chicken Breast	Garlic Mashed Potatoes Mixed Vegetables
Thursday Feb 23, 17	Beef Stroganoff -OR- Roasted Turkey	Steamed Rice Steamed Pasta Steamed Broccoli
Friday Feb 24, 17	Baked Sausage w/ Potatoes -OR- Baked Fish	Steamed Rice Steamed Peas
Saturday Feb 25, 17	Turkey Meatloaf -OR- General TSO Chicken	Oriental Rice Seasoned Broccoli

**New* Menu 3: Vegetarian Meal Monday-
Tuesday & Thursday-Friday**

Sembach Community Activity Center Restaurant

Dinner

	Menu I	Menu II	Sides
Sunday Feb 26, 17	Glazed Ham	BBQ Chicken	Roasted Potatoes Rice Pilaf Lyonnaise Green Beans Seasoned Corn
Monday Feb 27, 17	German Day German Schnitzel	German Stuffed Beef w/ Bacon & Onions	German -Noodles -Potatoes -Red Cabbage
Tuesday Feb 28, 17	Wing Day Fried Wings	Beef Yakisoba	Scalloped Potatoes Fried Rice Peas and Carrots Wings Sauce
Wed Mar 1, 17	Soul Food Day Fried Catfish	BBQ Ribs Fried Chicken	Mac & Cheese Sweet Pot. Black Eyed Peas Collard Greens Corn Bread
Thursday Mar 2, 17	Jamaican Day Jamaican Beef Patties	Jerk Chicken	Hopping John Rice Jamaican -Cabbage -Pasta
Friday Mar 3, 17	Asian Day Korean Beef	Asian Style Ribs	Fried Rice Asian Pasta Asian Cabbage
Saturday Mar 4, 17	Salisbury Steak	Baked Salmon	Mashed Potatoes Seasoned Carrots



	Menu I	Sides
Sunday Feb 26, 17	Hearty Beef Stew -OR- Grilled Pork Chops	Steamed Rice Steamed Peas
Monday Feb 27, 17	Grilled Chicken Marsala -OR- Shrimp Ham	Steamed Rice Seasoned Green Beans
Tuesday Feb 28, 17	Chicken Cordon Bleu -OR- Meatballs w/Red Sauce	Steamed Spaghetti Steamed Cauliflower
Wed Mar 1, 17	Swedish Meatballs -OR- Roast Turkey	Steamed Rice Mixed Vegetable
Thursday Mar 2, 17	Grilled Pork Chop -OR- Turkey Paprika	Steamed Rice Green Beans
Friday Mar 3, 17	Baked Chicken Parmesan -OR- Hungarian Goulash	Buttered Noodles Seasoned Corn
Saturday Mar 4, 17	Chicken Teriyaki -OR- Pepper Steak	Steamed Rice Seasoned Cauliflower

New* Menu 3: Vegetarian Meal Monday-Tuesday & Thursday-Friday

Sembach Community Activity Center Restaurant

Dinner

	Menu I	Menu II	Sides
Sunday Mar 5, 17	Swedish Meatballs	Oven Fried Chicken	Mashed Potatoes Fried Rice Hacienda Corn
Monday Mar 6, 17	Indian Day Indian Lamb	Indian Chicken w/ Peanut Butter Sauce	Indian -Rice -Roasted Pot. -Mixed Vegetables
Tuesday Mar 7, 17	Beef Bulgogi	Braised Short Ribs	Steamed Rice Mashed Potatoes Peas and Carrots
Wed Mar 8, 17	Soul Food Day Fried Catfish	BBQ Ribs Fried Chicken	Mac n Cheese Sweet Pot. Black Eyed Peas Collard Greens Corn Bread
Thursday Mar 9, 17	Jamaican Day Jamaican Beef Jerk	Jerk Chicken	Hopping John Rice Jamaican -Cabbage -Pasta
Friday Mar 10, 17	Shrimp Scampi	New England Style Corned Beef	Garden Rice Orange Carrots Almandine
Saturday Mar 11, 17	Baked Chicken	Baked Salmon w/ Lemon Sauce	Steamed Rice Peas and Carrots



	Menu I	Sides
Sunday Mar 5, 17	Baked Salmon -OR- BBQ Ribs	Garden Vegetable Rice Steamed Cabbage
Monday Mar 6, 17	Fresh Chicken Burritos -OR- Fresh Beef Quesadilla	Spanish Rice Mixed Vegetables
Tuesday Mar 7, 17	Chicken Teriyaki -OR- Fried Shrimp	Steamed Rice Corn on the Cob
Wed Mar 8, 17	Yankee Pot Roast -OR- Baked Sausage w/ Potatoes	Dirty Rice Steamed Broccoli
Thursday Mar 9, 17	Grilled Pork Chops -OR- Turkey w/ Paprika	Steamed Rice Green Beans
Friday Mar 10, 17	Grilled Chicken -OR- Grilled Roast Turkey	Garlic Mashed Potatoes Peas w/ Onions
Saturday Mar 11, 17	Swiss Steak w/ Mushroom Sauce	Steamed Noodles Steamed Broccoli

New* Menu 3: Vegetarian Meal Monday-
Tuesday & Thursday-Friday