

DFAC 28 day menu

	<u>LUNCH</u>	<u>DINNER</u>
Day 1	grilled Pork Chops	Spaghetti w/Turkey meat sauce
Jan 3	Sweet BBQ meatballs	Chicken breast Dijon
	Vegetable and Bean Ragout	Hot Italian sausage
Day 2	Fiesta Fish	Pork tenderloin roast
Jan 4	Sweet potatoes, black beans, rice	Baja baked cod
	Yankee pot roast	Pasta Provencal
Day 3	Shrimp kabob	Salmon w/maple ginger glaze
Jan 5	Teriyaki chicken	Oriental pepper steak
	Beef stir fry	Chinese 5 spice chicken
Day 4	Grilled BBQ Chicken	Chicken w/Dumplings
Jan 6	Braised Beef & Noodles	Pasta Toscana
	Baked Fish w/Lemon	Cantonese Spareribs
Day 5	Polish sausage	Grilled steak
Jan 7	Baked salmon	Shrimp scampi
	German chicken schnitzel	Hot & spicy chicken
Day 6	Santa Fe glazed chicken	Lemon basil pasta
Jan 8	Oven fried fish	Stuffed green peppers
	Beef ball stroganoff	Honey glazed Cornish game hens
Day 7	Hamburger Yakisoba	Beef stew
Jan 9	French fried shrimp	Lemon baked fish

	Bourbon chicken	Herbed baked chicken
Day 8	Caribbean catfish	Sweet potatoes ,black beans, corn
Jan 10	Jerk roast turkey	Beef Szechwan
	Beef Vindaloo	Chicken breast Dijon
Day 9	Meatloaf	Turkey lentil chili
Jan 11	Baked chicken	Southwestern fish
	Baked mac & cheese	Beef fajitas
Day 10	Lemon basil shrimp pasta	Greek lemon turkey pasta
Jan 12	Mediterranean quinoa cakes	Turkish sultan Adana kabobs
	Gyros	Mediterranean salmon
Day 11	Southern fried chicken	Crispy oven baked chicken
Jan 13	Baked fish	Roast beef
	BBQ brisket	Parmesan crusted cod
Day 12	Savory baked chicken	Stuffed baked pork chops
Jan 14	California veggie quesadilla	Chicken Florentine
	Grilled salmon w/ citrus butter	Oven fried fish
Day 13	French fried shrimp	Beef stir fry
Jan 15	Hot & spicy chicken	Baked stuff fish
	Ziti w/meat sauce	Chicken Bulgogi
Day 14	Shrimp scampi	Baked Dijon pork chops
Jan 16	Chicken Parmesan	Chili Mac
	Broccoli Quiche	Lemon pepper catfish

Day 15	Martin Luther King Jr	Martin Luther King Jr.
Jan 17	Holiday meal TBD	Holiday Menu TBD
Day 16	Chicken kabob	Sweet & spicy orange salmon
Jan 18	Pepper steak	Cheese Tortellini w/marinara
	Tuna noodles	Steak Ranchero
Day 17	Beef Brogul	Sauerbraten meatballs
Jan 19	Pork Schnitzel	Beef pot pie
	Onion-lemon baked fish	Cranberry glazed chicken
Day 18	Mambo Pork Roast	BBQ Beef Cubes
Jan 20	Tomato w/Penne Pasta	Chicken Enchiladas
	Pineapple BBQ Meatballs	Harvest Veg w/Bean Ragout
Day 19	Chicken fajita quinoa	Lasagna
Jan 21	Stuffed green peppers w turkey	Chicken Cacciatore
	Swiss steak	Italian broccoli pasta
Day 20	Grilled Honey Chicken	Jamaican Chicken
Jan 22	Stir-Fry Tofu	Braised Spareribs
	Shrimp Suey	Salisbury Grilled Salmon
Day 21	Turkey Ala King	Swedish meatballs
Jan 23	Cheese Tortellini w/ marinara	Polynesian Fillet
	Fish w/ SW salsa	Steak smothered w/ onions
Day 22	Pepper steak	Country style fried steak

Jan 24	Pork Adobo Baked fish w/ lemon butter	Tuna noodles Savory baked chicken
Day 23	Basil baked fish	Baja fish taco
Jan 25	Turkey breast fillet Pasta Provencal	Baked Mexican chicken Taco Lasagna
Day 24	Spicy catfish Poboy	Shrimp Jambalaya
Jan 26	Shrimp Creole Cajon meatloaf	Simmered beef Cajon chicken
Day 25	Baked Dijon pork chops	Baked Salmon
Jan 27	Spinach Lasagna Baked Florentine Turkey Roulade	Beef Asian Bourbon w/ noodles Honey mustard chicken breast
Day 26	Roast Turkey	Turkey spinach meatloaf
Jan 28	Pollock w/crisp herb parmesan crust Stuffed green peppers	Crispy oven baked chicken Parmesan fish
Day 27	Roast Pork tenderloin	Roast Pork Tenderloin
Jan 29	Corned Beef Tomatoes w/Penne Pasta	Corned Beef Tomatoes w/Penne Pasta
Day 28	Creole fish fillets	Chicken Ala King
Jan 30	Stir-fry chicken w/ broccoli Teriyaki steak	Baked fish Pasta Primavera