


**BREAKERS DINING
FACILITY MONTHLY
MENU
March 2010**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	DAILY SPEEDLINE SPECIALS
	1 LUNCH Swiss Steak Baked Chicken Sweet Italian Sausage Harvest Blend Rice Mashed Potatoes Carrots Broccoli	2 LUNCH Banana cream pie day Fish w/Lemon Butter Pork Schnitzel Beef Yakisoba Ginger Rice Pinto Beans Spinach	3 LUNCH Italian day Chicken cacciatore Spinach lasagna Spaghetti & meatballs Broccoli parmesan Herbed green beans	4 LUNCH Pork Chops Liver w/ Onions Fried Fish Rissole Potatoes Broccoli Peas/Carrots	5 LUNCH Shrimp Scampi Beef Stew Roast Turkey Egg Noodles Cauliflower Collard Green	6 BRUNCH Savory Baked Chicken Swedish Meatballs Creole Shrimp Steamed Rice Asparagus Creamed Corn	1. Cannonball Sand Fried Chicken Nuggets 2 Steak & Cheese Sub and Tacos 3 Fishwich Reuben Sandwich 4. Buffalo Wings Roast Beef Sub 5. BBQ Pork Sandwich/Burritos 8 Polish Sausage Steak & Cheese 9 Sloppy Joe Roast Beef Sub 10 Cheese Fishwich Monte Cristo Sandwich
	1 DINNER Roast Turkey Rib Eye Steak Tempura Fried Fish Corn Bread Dressing Succotash Tempura Vegetables	2 DINNER Roast Pork Loin BBQ Beef Cubes Chicken Fajitas O'Brien Potatoes Steamed Rice Corn on the Cob	3 DINNER Spaghetti W/Meat Sauce Swiss Steak w/Brown Gravy Fried Chicken Brown Rice Fried Cauliflower	4 DINNER Mr. Z's Baked Chicken Pepper Steak Pasta Primavera BMT Mashed Potatoes Steamed Rice Mix Vegetable Green Bean	5 DINNER Chili Macaroni BBQ Chicken Southern Fried Catfish Crisp Potato Wedges Spanish Rice Fried Cabbage Broccoli	6 SUPPER Baked Fish Simmered Knockwurst Chinese 5-Spice Chicken Spicy Brown Rice Boston Baked Beans Spinach	
7 BRUNCH Oven Fried Fish BBQ Spareribs Chicken Parmesan Baked Mac/Cheese Sweet Potato Peas	8 LUNCH National Women's Day Lemon baked fish Summer squash Broccoli quiche Oven-browned potatoes Green beans/mushrooms	9 LUNCH Teriyaki Chicken Veal Parmesan Alaska Cheddar Fish Buttered Potatoes Fried Cabbage Steamed Carrots	10 LUNCH Asian Day Sweet & sour pork Beef sukiyaki Chinese 5-spice chix Steamed rice Tempura veg	11 LUNCH Herbed Baked Chicken Beef & Noodles Southern Fried Catfish Mashed Potatoes Black Eyed Peas/Rice Sweet Potato	12 LUNCH Mexican Baked Chicken Country Style Steak Stuffed Green Peppers Baked Mac & Cheese Spanish Style Beans Peas & Carrots	13 BRUNCH Crispy Baked Chicken Baked Ham Ground Beef Yakisoba Spicy Brown Pilaf Rice Broccoli Glazed Carrots	
7 SUPPER Beef broccoli stir-fry Turkey Nuggets Pork Chop Suey Rice Pilaf Corn on the Cobb Green Beans Glazed Carrots	8 DINNER Spaghetti/ Meat Sauce Strip Loin Steak Roast Turkey Baked Potatoes Pea & Pepper Rice Summer Squash Glazed Carrots	9 DINNER Captain Chicken Meat Loaf Turkey Ala King Mashed Potatoes Mustard Greens Tempura Vegetables	10 DINNER Lemon chicken breast Jambalaya sweet-sour pork Rice Scalloped potato Mexican corn Cauliflower combo	11 DINNER Roast Pork Loin Chicken Cordon Bleu Veal Jaeger schnitzel Roasted Chicken Rice Potato Halves Steamed Carrots Corn Combo	12 DINNER Lasagna Spaghetti /Meat sauce Chicken Cacciatore Steamed Rice Italian Baked Beans Cauliflower Parmesan	13 SUPPER Fish Almandine Stir Fry Chicken w/Broccoli Pork Chops w/Mushrooms Gary Rissole Potatoes	
14 BRUNCH Baked Fish Sauerbraten Parmesan Chicken Egg Noodles Au Gratin Potatoes Fried Cabbage	15 LUNCH Roast Turkey Rib Eye Steak Tempura Fried Fish Corn Bread Dressing Succotash Tempura Vegetables	16 LUNCH Roast Pork Loin BBQ Beef Cubes Chicken Fajitas O'Brien Potatoes Steamed Rice Corn on the Cob Lima Beans Savory	17 LUNCH St. Patrick's day simmered corned bee Baked fish Beef stew Mashed potatoes Steamed rice	18 LUNCH Mr. Z's Baked Chicken Pepper Steak Pasta Primavera BMT Mashed Potatoes Steamed Rice Mix Vegetable Green Bean	19 LUNCH Chili Macaroni BBQ Chicken Southern Fried Catfish Crisp Potato Wedges Spanish Rice Fried Cabbage Broccoli	20 LUNCH Baked Fish Simmered Knockwurst Chinese 5-Spice Chicken Spicy Brown Rice Boston Baked Beans Spinach	

MONDAY – FRIDAY
 Breakfast 0530 – 0830
 Lunch 1100 - 1330
 Dinner 1700 – 1930

WEEKENDS & HOLIDAYS
 Brunch 0600 – 1300
 Dinner 1600 – 1800

FOOD SERVICE OFFICER:
 Mr. Willie Belton, 606-3219

RETIREES
 Breakfast 0730 – 0830
 Lunch 1230 - 1330

DEPLOYED SPOUSES
 Every Thursday Night
 1700 – 1900

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			Assorted cakes				Cheese Fishwich Reuben Sandwich
14 SUPPER Ginger BBQ Chicken Fried Shrimp Beef Manicotti Mashed Potatoes Crispy Potato Wedges Black Eyed Peas	15 DINNER Swiss Steak Baked Chicken Sweet Italian Sausage Harvest Blend Rice Mashed Potatoes Carrots	16 DINNER fish w/Lemon Butter Pork Schnitzel Beef Yakisoba Ginger Rice Pinto Beans Spinach	17 DINNER Caribbean Jerk Chicken Salisbury Steak Fish Parmesan Noodles Jefferson Mexico Corn Savory Baked Bean	18 DINNER Pork Chops Liver w/ Onions Fried Fish Rissolle Potatoes Broccoli Peas/Carrots	19 DINNER Shrimp Scampi Beef Stew Roast Turkey Egg Noodles Cauliflower Collard Green	20 DINNER Savory Baked Chicken Swedish Meatballs Creole Shrimp Steamed Rice Asparagus Creamed Corn	18. Buffalo Wings Roast Beef Sub 19 BBQ Pork Sandwich/Burritos 22 Polish Sausage Steak & Cheese Sub
21 BRUNCH Stir Fry Beef w/Broccoli Turkey Nuggets Pork Chop Suey Rice Pilaf Corn on the Cobb Green Beans	22 LUNCH Spaghetti/ Meat Sauce Strip Loin Steak Roast Turkey Baked Potatoes Pea & Pepper Rice Summer Squash Glazed Carrots	23 LUNCH Captain Chicken Meat Loaf Turkey Ala King Mashed Potatoes Mustard Greens Tempura Vegetables	24 LUNCH Cajun day Creole chicken Jambalaya Creole shrimp Green bean Creole Louisiana style squash	25 LUNCH Roast Pork Loin Chicken Cordon Bleu Veal Jaeger schnitzel Roasted Chicken Rice Potato Halves Steamed Carrots Corn Combo	26 LUNCH Lasagna Spaghetti /Meat sauce Chicken Cacciatore Steamed Rice Italian Baked Beans Cauliflower Parmesan	27 BRUNCH Fish Almandine Stir Fry Chicken w/Broccoli Pork Chops w/Mushrooms Gary Rissolle Potatoes Club Spinach	23. Sloppy Joe Roast Beef Sub 24. Cheese Fishwich Monte Cristo
21 SUPPER Oven Fried Fish BBQ Spareribs Chicken Parmesan Baked Mac/Cheese Sweet Potato Peas	22 DINNER Roast Pork Loin Pot Roast Baked Stuffed Fish Oven Brown Potatoes Cauliflower Combo Succotash	23 DINNER Teriyaki Chicken Veal Parmesan Alaska Cheddar Fish Buttered Potatoes Fried Cabbage Steamed Carrots	24 DINNER Mex pork chops Turkey noodle Beef ball stroganoff Egg noodles Spanish rice Spinach	25 DINNER Herbed Baked Chicken Beef & Noodles Southern Fried Catfish Mashed Potatoes Black Eyed Peas/Rice Sweet Potato	26 DINNER Mexican Baked Chicken Country Style Steak Stuffed Green Peppers Baked Mac & Cheese Spanish Style Beans Peas & Carrots	27 SUPPER Crispy Baked Chicken Baked Ham Ground Beef Yakisoba Spicy Brown Pilaf Rice Broccoli Glazed Carrots	25. Cannonball & Italian Pepper Beef Sandwich 26. BBQ Pork Sandwich/Burritos
28 BRUNCH Ginger BBQ Chicken Fried Shrimp Beef Manicotti Mashed Potatoes Crispy Potato Wedges Black Eyed Peas	29 LUNCH Swiss steak Baked chicken Sweet sausage Mash potato carrots	30 LUNCH Fish w/Lemon Butter Pork Schnitzel Beef Yakisoba Ginger Rice Pinto Beans Spinach	31 LUNCH Taste of the South Southern fried chicken BBQ spareribs Fried catfish Black-eyed peas				29. Cannonball Sand Fried Chicken Nuggets 30. Steak & Cheese Sub and Tacos 31. Fishwich Reuben Sandwich
28 SUPPER Oven Fried Fish BBQ Spareribs Chicken Parmesan Baked Mac/Cheese Sweet Potato Peas	29 DINNER Turkey roast Rib eye steak Tempura fish Mash potato Tempura veg	30 DINNER Roast Pork Loin BBQ Beef Cubes Chicken Fajitas O'Brien Potatoes Steamed Rice Corn on the Cob	31 DINNER Spaghetti W/Meat Sauce Swiss Steak w/Brown Gravy Fried Chicken Brown Rice Fried Cauliflower				

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VANDENBERG AIR FORCE BASE
FORCE
SUPPORT SQUADRON

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