



# O'Malley Dining Facility Menu November 2022

Monday - Friday:

Breakfast 0500 - 0830 | Lunch 1100 - 1330 | Dinner 1700 - 2000 | Midnight Meal 2200 - 2300

Weekends & Holidays:

Brunch 0700 - 1300 | Dinner 1700 - 1930 | Midnight Meal 2200 - 2300

## Week of: November 1 – 6

### Tuesday Lunch Menu:

- Basil Baked Fish
- Turkey Breast Fillet
- Pasta Provençal
- Mashed Potatoes
- Jefferson Noodles
- Cauliflower
- Carrots
- Broccoli

- Onion Lemon Baked Fish
- Simmered Beef
- Cajun Chicken
- Dirty Rice
- Roasted Pepper Potato
- Cajun Style Vegetables
- Okra Melange
- Green Beans

### Tuesday Dinner Menu:

- Baja Fish Taco
- Baked Mexican Chicken
- Beef Stir Fry
- Steamed Rice
- Hacienda Potatoes
- Cauliflower Combo
- Mediterranean Lima Beans

### Thursday Lunch Menu:

- Baked Dijon Pork Chops
- Spinach Lasagna
- Baked Florentine Turkey Roulade
- Italian Style Baked Beans
- Barley Pilaf
- Sautéed Collard Greens
- Cauliflower Combo
- Scalloped Corn

### Wednesday Lunch Menu:

- Spicy Catfish Poboy
- Grilled Pork Chops
- Cajun Meatloaf
- Red Beans & Rice
- Crispy Potato Wedges
- Corn On The Cobb
- Cajun Style Vegetables
- Peas w/ Onions

### Thursday Dinner Menu:

- Baked Salmon
- Pineapple BBQ Meatballs
- Honey Mustard Chicken Breast
- Crispy Potato Wedges
- Steamed Rice
- Savory Summer Squash
- Mixed Vegetables
- Curried Cauliflower

### Wednesday Dinner Menu:

## Friday Lunch Menu:

- Roast Turkey
- Baked Fish
- Stuffed Green Peppers
- Corn Bread Dressing
- Baked Sweet Potato
- Grilled Asparagus
- Snow Peas
- Fried Cauliflower

## Friday Dinner Menu:

- Turkey & Spinach Meatloaf
- Crispy Oven Baked Chicken
- Parmesan Fish
- White Rice
- Roasted Rosemary Potato Wedge
- Roasted Carrots w/ Rosemary
- Brussel Sprouts
- Broccoli Polonaise

## Saturday Lunch Menu:

- Baked Chicken
- Beef Bulgogi
- Sicilian Brown Rice w/ Veggies
- Garlic Mashed Potatoes
- Herbed Green Beans
- Fried Okra
- Braised Cabbage

## Saturday Dinner Menu:

- Honey Ginger Chicken
- Salisbury Steak
- Lemon Baked Fish
- Southern Style Sweet Potatoes
- Boston Baked Beans
- Cauliflower Au Gratin
- Collard Greens
- Scalloped Corn

## Sunday Lunch Menu:

- Stir Fry Chicken w/ Broccoli
- Teriyaki Steak
- Lyonnaise Rice
- Roasted Pepper Potatoes
- French Style Green Beans

## Sunday Dinner Menu:

- Chicken Ala King
- Baked Fish
- Pasta Primavera
- O'Brien Potatoes
- Quinoa Southwest Pilaf
- Hacienda Corn & Black Beans
- Roasted Zucchini Squash w/  
Tomatoes
- Stewed Tomatoes

## Week of: 7 ~ 13 November

### Monday Lunch Menu:

- Southwest Sweet Potato, Black Beans & Corn
- Simmered Beef
- Almond Crusted Cod
- Steamed Rice
- Roasted Pepper Potatoes
- Corn
- Peas & carrots
- Asparagus

### Monday Dinner Menu:

- Spaghetti w/ Meat Sauce
- Baked Fish w/ Lemon Garlic Butter
- Steak Smothered in Onions
- Long Grain & Wild Rice
- Baked Sweet Potato
- Succotash
- Cauliflower Parmesan
- Roasted Carrots w/ Rosemary

### Tuesday Lunch Menu:

- Hungarian Goulash
- Basil Baked Fish
- Teriyaki Chicken
- Rice Pilaf
- Simmered Pinto Beans

- Green Beans w/ Mushroom
- Oriental Stir Fry Cabbage
- Cauliflower

### Tuesday Dinner Menu:

- Pork Roast Tenderloin
- Baja Baked Cod
- Pasta Provencal
- Scalloped Potatoes
- Steamed Rice
- Broccoli Combo
- Corn Calico
- Garlic Sauteed Spinach

### Wednesday Lunch Menu:

- Shrimp Kabob
- Ginger BBQ Chicken
- Lemon Basil Pasta
- Garlic & Soy Roasted Potatoes
- Steamed Rice
- Green Beans w/ Sesame Glaze
- Savory Summer Squash
- Spinach

### Wednesday Dinner Menu:

- Penne w/ Marinated Tomatoes and Basil
- Southern Fried Catfish
- Sweet Chili BBQ Meatballs
- Brown Rice
- Potatoes & Herbs
- Snow Peas
- Stewed Tomatoes
- Grilled Asparagus

### Thursday Lunch Menu:

- Honey Mustard Chicken Breast
- Baked Ziti w/ Meat Sauce
- Baked Fish
- Mashed Potatoes
- Broccoli
- Southern Style Collard Greens
- Carrots

### Thursday Dinner Menu:

- Hot & Spicy Chicken
- Pasta Toscano
- Cantonese Spareribs
- Crispy Potato Wedge
- Harvest Blend Rice
- Okra Melange

- Green Beans w/ Mushrooms
- Cream Style Corn

### Friday Lunch Menu:

- Polish Sausage
- Baked Salmon
- Hamburger Yakisoba
- Buttered Parsley Potatoes
- Brown Rice w/ Tomatoes
- Sauteed Peppers & Onions
- Brussel Sprouts
- Mixed Veggies

### Friday Dinner Menu:

- Roast Beef
- Shrimp Scampi
- German Chicken Schnitzel
- Baked Potato halves
- Steamed Rice
- Corn On The Cob
- Glazed Carrots
- Cauliflower Parmesan

### Saturday Lunch Menu:

- Santa Fe Glazed Chicken
- Baked Dijon Pork Chops
- Hopping John Rice

- Cottage Fried Potatoes
- Peas & Carrots
- Fried Cauliflower
- Braised Cabbage

- Honey Glazed Pea Pods & Carrots
- Broccoli Combo
- Olive Oil Braised Carrots

## Saturday Dinner Menu:

- Stuffed Green Peppers
- Pasta Primavera
- Garlic Mashed Potatoes
- Lyonnaise Rice
- Garlic Sauteed Spinach
- Zucchini & Yellow Squash
- Fried Okra

## Sunday Lunch Menu:

- French Fried Shrimp
- Bourbon Chicken
- Steamed Rice
- Roasted Pepper Potatoes
- Roasted Carrots w/ Rosemary
- Japanese Stir Fry w/ Veggies
- Succotash

## Sunday Dinner Menu:

- Beef Pot Pie
- Lemon Baked Fish
- Herb Baked Chicken
- Roasted Rosemary Potatoes
- Steamed Rice

## Week of: 14-20 November

## Monday Lunch Menu:

- Caribbean Catfish
- Jerk Roast Turkey
- Stuffed Green Peppers
- Baked Potato Halves
- Islander Rice
- Summer Squash
- French Green Beans
- Garlic Peas

## Monday Dinner Menu:

- Southwest Sweet Potatoes, Black beans & Corn
- BBQ Beef Cubes
- Chicken Breast Dijon
- Rice Pilaf
- Scalloped Potatoes
- Asparagus
- Cauliflower
- Cream Style Corn

## Tuesday Lunch Menu:

- Baked Fish
- Meatloaf
- Baked Chicken
- Baked Mac & Cheese
- Mashed Potatoes
- Black Eyed Peas
- Mixed Veggies
- Sautéed Mushroom and Onions

## Wednesday Dinner Menu:

- Grilled Steak
- Roast Turkey
- Mediterranean Salmon
- Roasted Pepper Potatoes
- Brown Rice
- Braised Cabbage
- Corn
- Cauliflower

## Tuesday Dinner Menu:

- Southwestern Fish
- Beef Fajita Quinoa
- Mexican Rice
- Refried Beans w/ Cheese
- Hacienda Green Beans
- Mexican Corn
- Brussel Sprouts

## Thursday Lunch Menu:

- Honey Ginger Chicken
- Grilled Salmon w/ Citrus butter
- BBQ Brisket
- Southern Sweet Potatoes
- Spicy Brown Pilaf Rice
- Southern Style Collard Greens
- Corn
- Stewed Tomatoes

## Wednesday Lunch Menu:

- Lemon Basil Shrimp Pasta
- Mambo Pork Roast
- Grilled Chicken w/ Mustard Sauce
- Roasted Redskin Potatoes
- Barley Pilaf
- Roasted Zucchini Squash
- Asparagus
- Broccoli Polonaise

## Thursday Dinner Menu:

- Oven Baked Chicken
- Roast Beef
- Parmesan Crusted Cod
- Steamed Rice
- Baked Sweet Potato
- French Style Green Beans
- Carrots
- Corn Combo

## Friday Lunch Menu:

- Chicken Florentine
- Italian Broccoli Pasta
- Stuffed Baked Pork Chops
- Savory Style Beans
- Oven Browned Potatoes
- Cauliflower Au Gratin
- Carrots on the Griddle
- Broccoli

- Beef Stir Fry
- Baked Stuffed Fish
- Chicken Bulgogi
- Dirty Rice
- Lyonnaise Potatoes
- Stir Fry Veggies
- Succotash
- Glazed Carrots

Week of: 21 - 27 Nov

## Friday Dinner Menu:

- Greek Lemon Turkey Pasta
- Savory Baked Chicken
- Oven Fried Fish
- Brown Rice w/ Veggies
- Mashed Potatoes
- Garlic Sauteed Spinach
- Mixed Veggies
- Green Beans w/ mushrooms

## Sunday Lunch Menu:

- Shrimp Jambalaya
- Southern Fried Chicken
- Boston Baked Beans
- Egg Noodles
- Cajun Style Veggies
- Peas w/ Mushrooms
- Cauliflower Combo

## Saturday Lunch Menu:

- French Fried Shrimp
- Hot & Spicy Chicken
- Buttered Parsley Potatoes
- Harvest Blend Rice
- Herbed Green Beans
- Zucchini & Yellow Squash Gratin
- Fried Okra

## Sunday Dinner Menu:

- Baked Dijon Pork Chops
- Chili Mac
- Lemon Pepper Catfish
- Pinto Beans
- Hopping Johns Rice
- Zucchini Fritters
- Corn
- Broccoli

## Saturday Dinner Menu:

## Monday Lunch Menu:



- Roast Beef
- Chicken Cordon Bleu
- Pasta Primavera
- Mashed Potatoes
- Steamed Rice
- Broccoli Combo
- Cream Style Corn
- Roasted Zucchini Squash

- Sweet & Spicy Orange Salmon
- Cheese Tortellini
- Beef Bulgogi
- Brown Rice
- Cottage Fried Potatoes
- Peas & carrots
- Green Beans w/ Mushrooms
- Summer Squash

### Monday Dinner Menu:

- Turkey Nuggets
- Beef & Corn Pie
- Bourbon Chicken
- Wild Rice
- Oven Brownd Potatoes
- Herbed Green Beans
- Roasted Cauliflower
- Asparagus

### Wednesday Lunch Menu:

- Beef Brogul
- Roasted Pork Loin
- Lemon & Onion Baked Fish
- Rice Pilaf
- Baked Beans
- Carrots
- Squash
- Broccoli Polonaise

### Tuesday Lunch Menu:

- Chicken Kabob
- Simmered Beef
- Tuna Noodles
- Steamed Rice
- Roasted Redskin Potatoes
- Braised Cabbage
- Mexican Corn
- Sauteed Mushroom and  
Mushrooms

### Wednesday Dinner Menu:

- Almond Crusted Cod
- Hamburger Yakisoba
- Herb Baked Chicken
- Lyonnaise Potatoes
- Steamed Rice
- Brussel Sprouts
- Hacienda Corn & Black Beans
- French Style Peas

### Tuesday Dinner Menu:

### Thursday Lunch Menu:

- BBQ Beef Cubes

- Chicken Enchilada
- Baked Florentine Turkey Roulade
- Baked Mac & Cheese
- Steamed Rice
- Asparagus
- Black Eyed Peas
- Broccoli Combo

### Thursday Dinner Menu:

- Turkey & Spinach Meatloaf
- Marinated Tomatoes w/ Penne
- Pineapple BBQ Meatballs
- Islander Rice
- O'Brien Potatoes
- Curried Cauliflower
- Green Beans
- Veggie Medley

### Friday Lunch Menu:

- Swiss Steak w/ Brown Gravy
- Stuffed Green Pepper
- Tuna Noodles
- Brown Rice w/ Tomatoes
- Simmered Pinto Beans
- Peas
- Asparagus
- Succotash

### Friday Dinner Menu:

- Lasagna

- Chicken Cacciatore
- Italian Broccoli Pasta
- Harvest Blend Rice
- Franconia Potatoes
- Scalloped Corn
- Herbed Green Beans
- Squash w/ Parmesan & Thyme

### Saturday Lunch Menu:

- Honey Sracha Chicken
- Shrimp Chop Suey
- Steamed Rice
- Baked Potato
- Stir Fry cabbage
- Fried Okra
- Corn Combo

### Saturday Dinner Menu:

- Jamaican Chicken
- Braised Spareribs
- Citrus Glazed Salmon
- Baked Beans
- Brown Rice
- Peas w/ Mushroom & Onion
- Green Bean w/ Sesame Glaze
- Collard Greens

### Sunday Lunch Menu:

- Turkey Ala King
- Fish w/ Salsa
- Spinach & Tomato Orzo

- Parmesan Rice
- Cauliflower
- Peas
- Mixed Veggies

- Risole Potatoes
- Oriental Rice
- Carrots
- Broccoli
- Cauliflower Combo

## Sunday Dinner Menu:

- Swedish Meatballs
- Polynesian Fillet
- Steak Smothered in Onions
- Risole Potatoes
- Oriental Rice
- Carrots
- Zucchini Squash
- Cauliflower Combo

## Tuesday Lunch Menu:

- Oriental Pepper Steak
- Chicken Parmesan
- Baked Fish w/ Lemon Garlic Butter
- Brown Rice
- Oven Brownd Potatoes
- Corn Calico
- Butternut Squash
- Spinach

Week of: 28 - 30 Nov

## Monday Lunch Menu:

- Turkey Ala King
- Country Fried Steak
- Baja Baked Cod
- Spinach & Tomato Orzo
- Parmesan Rice
- Cauliflower
- Carrots
- Mixed Veggies

## Tuesday Dinner Menu:

- Pork Roast Tenderloin
- Tuna Noodles
- Savory Baked Chicken
- Wild Rice
- Sweet Potatoes
- Stewed Tomatoes
- Broccoli Polonaise
- Corn

## Monday Dinner Menu:

- Swedish Meatballs
- Polynesian Fillet
- Steak with onions

## Wednesday Lunch Menu:

- Basil Baked Fish
- Turkey Fillet
- Pasta Provençal

- Mashed Potatoes
- Jefferson noodles
- Cauliflower
- Carrots
- Broccoli Parmesan

## Wednesday Dinner Menu:

- Baja Fish Taco
- Baked Mexican Chicken
- Beef Stir Fry
- Steamed Rice
- Hacienda Potatoes
- Corn Combo
- Butternut Squash
- Glazed Green beans