



O'Malley Dining Facility Menu December 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

December 1 - 7

Thursday Lunch Menu:

Spicy Catfish Poboy, Grilled Pork Chops, Cajun Meatloaf, Red Beans & Rice, Crispy Potato Wedges, Corn On The Cob, Cajun Style Veggies, Peas w/ Onions

Thursday Dinner Menu:

Lemon Onion Baked Fish, Simmered Beef, Cajun Chicken, Dirty Rice, Roasted Pepper Potatoes, Carrots, Okra Melange, Green Beans

Friday Lunch:

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

Friday Dinner:

Baked Salmon, Pineapple BBQ Meatballs, Honey Mustard Chicken Breast, Crispy Potato Wedges, Steamed Rice, Japanese Stir Fry Veggies, Mixed Veggies, Curried Cauliflower

Saturday Lunch:

Roast Turkey, Cheese Tortellini, Stuffed Green Peppers, Corn Bread Dressing, Baked Sweet Potatoes, Asparagus, Sauteed Mushrooms & Onions, Fried Cauliflower

Saturday Dinner:

Turkey & Spinach Meatloaf, Crispy Oven Baked Chicken, Parmesan Fish, Roasted Rosemary Potato Wedges, Brussel Sprouts, Broccoli Polonaise

Sunday Lunch:

Baked Chicken, Southwestern Shrimp Linguini, Beef Bulgogi, Sicilian Brown Rice, Garlic Mashed Potatoes, Herbed Green Beans, Fried Okra, Braised Cabbage

Sunday Dinner:

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

Monday Lunch:

Creole Fish Fillets

Stir Fry Chicken w/ Broccoli, Teriyaki Steak, Lyonnaise Rice, Roasted Pepper Potatoes, Peas w/ Mushrooms & Onions, Roasted Cauliflower, French Style Green Beans

Monday Dinner:

Chicken Ala King, Baked Fish, Pasta Primavera, O'Brien Potatoes, Quinoa Southwest Pilaf, Hacienda Corn & Black Beans, Roasted Butternut Squash, Stewed Tomatoes

Tuesday Lunch:

Southwestern Sweet Potatoes Black Beans & Corn, Simmered Beef, Almond Crusted Cod, Steamed Rice, Roasted Pepper Potatoes, Corn, Peas & Carrots, Asparagus

Tuesday Dinner:

Spaghetti w/ Turkey Meat Sauce, Baked Fish w/ Lemon Garlic Butter, Wild Rice, Buttered Parsley Potatoes, Succotash, Cauliflower Parmesan, Roasted Carrots w/ Rosemary

Wednesday Lunch:

Chili Mac, Basil Baked Fish, Teriyaki Chicken, Rice Pilaf, Simmered Pinto Beans, Green Beans w/ Mushrooms, Oriental Stir Fry Cabbage, Cauliflower

Wednesday Dinner:

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

December 8 - 14

Thursday Lunch:

Shrimp Kabob, Ginger BBQ Chicken, Lemon Basil Pasta, Garlic Soy Roasted Potatoes, Steamed Rice, Green Bean Sesame Glaze, Sautéed Mushroom & Onions, Spinach

Thursday Dinner:

Marrinated Tomatoes w/ Penne & Basil, Southern Fried Catfish, Sweet Chili Meatballs, Brown Rice, Potatoes & Herbs, Curried Cauliflower, Stewed Tomatoes, Asparagus

Friday Lunch:

Honey Mustard Chicken Breast, Ziti w/ Meat Sauce, Baked Fish, Red Beans & Rice, Mashed Potatoes, Broccoli, Southern Style Collard Greens, Carrots

Friday Dinner:

Hot & Spicy Chicken, Pasta Toscano, Cantonese Ribs, Crispy Potato Wedges, Brown Rice, Okra Mélange, Green w/ Mushrooms, Cream Style Corn

Saturday Lunch:

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

Saturday Dinner:

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

Sunday Lunch:

Santa Fe Glazed Chicken, Baked Dijon Pork Chops, Beef Ball Stroganoff, Hopping John Rice, Cottage Fried Potatoes, Stewed Tomatoes, Fried Cauliflower, Braised Cabbage

Sunday Dinner:

Salmon w/ Maple Ginger Glaze, Stuffed Green Peppers w/ Turkey & Lentils, Pasta Primavera, Garlic Mashed Potatoes, Lyonnaise Rice, Garlic Sautéed Spinach, Mixed Veggies, Fried Okra

Monday Lunch:

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

Monday Dinner:

Beef Pot Pie, Lemon Baked Fish, Herbed Baked Chicken, Baked Sweet Potato, Steamed Rice, Creamed Style Corn, Broccoli Combo, Olive-Oil Braised Carrots w/ Warm Spices

Tuesday Lunch:

Caribbean Catfish, Jerk Roast Turkey, Stuffed Green Peppers, Baked Potato Halves, Islander Rice, Corn Combo, French Style Green Beans, Garlic Peas

Tuesday Dinner:

Southwestern Sweet Potatoes Black Beans & Corn, Beef Stew, Chicken Breast Dijon, Rice Pilaf, Roasted Pepper Potatoes, Asparagus, Cauliflower, Cream Style Corn

Wednesday Lunch:

Baked Fish, Meat Loaf, Baked Chicken, Baked Mac & Cheese, Mashed Potatoes, Black Eyed Peas, Carrots, Corn On The Cob

Wednesday Dinner:

BBQ Beef Cubes, Southwestern Fish, Beef Fajitas, Mexican Rice, Refried Beans w/ Cheese, Peas, Mexican Corn, Spinach

December 15 – 21

Thursday Lunch:

Lemon Basil Shrimp Pasta, Mambo Pork Roast, Grilled Chicken w/ Mustard Sauce, Roasted Redskin Potatoes, Barley Pilaf, Sauteed Mushroom & Onions, Grilled Asparagus, Broccoli Polonaise

Thursday Dinner:

Grilled Steak, Roast Turkey, Mediterranean Salmon, Roasted Pepper Potatoes, Brown Rice, Braised Cabbage, Green Beans, Cauliflower Combo

Friday Lunch:

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

Friday Dinner:

Crispy Oven Baked Chicken, Roast Beef, Parmesan Crusted Cod, Steamed Rice, Baked Sweet Potato, Fried Okra, Carrots, Corn Combo

Saturday Lunch:

Chcien Florentine, Italian Broccoli Pasta, Stuffed Baked Pork Chops, Savory Style Beans, Oven Browned Potatoes, Cauliflower Au Gratin, Carrots On The Griddle, Broccoli

Saturday Dinner:

Greek Lemon Turkey Pasta, Savory Baked Chicken, Oven Fried Fish, Brown Rice w/ Vegetable Sicilian, Mashed Potatoes, Garlic Sauteed Spinach, Mixed Veggies, Green Beans w/ Mushrooms

Sunday Lunch:

French Fried Shrimp, Hot & Spicy Chicken, Ziti w/ Meat Sauce, Buttered Parsley Potatoes, Harvest Blend Rice, Herbed Green Beans, Succotash, Fried Okra

Sunday Dinner:

Beef Stir Fry, Baked Stuffed Fish, Chicken Bulgogi, Dirty Rice, Lyonnaise Potatoes,
Japanese Stir Fry, Fried Cauliflower, Glazed Carrots

Monday Lunch:

Turkey Lentil Chili, Shrimp Jambalaya, Southern Fried Chicken, Boston Baked Beans,
Buttered Egg Noodles, Carrots, Peas w/ Mushrooms & Onions, Cauliflower Combo

Monday Dinner:

Baked Dijon Pork Chop, Chili Mac, Lemon Pepper Catfish, Simmered Pinto Beans,
Hopping John Rice, Roasted Cauliflower, Corn, Broccoli

Tuesday Lunch:

Roast Beef, Chicken Cordon Bleu, Pasta Primavera, Mashed Potatoes, Steamed Rice,
Brussel Sprouts, Cream Style Corn, Roasted Butternut Squash

Tuesday Dinner:

Turkey Nuggets, Beef & Corn Pie, Bourbon Chicken, Wild Rice, Oven Browned
Potatoes, Herbed Green Beans, Japanese Stir Fry, Asparagus

Wednesday Lunch:

Chicken Kabob, Pepper Steak, Tuna Noodles, Steamed Rice, Roasted Redskin
Potatoes, Braised Cabbage, Mexican Corn, Sauteed Mushroom & Onions

Wednesday Dinner:

Sweet & Spicy Orange Salmon, Cheese Tortellini w/ Marinara, Steak Ranchero, Brown
Rice, Cottage Fried Potatoes, Peas & Carrots, Green Beans w/ Mushrooms, Corn
Calico

December 22 – 31

Thursday Lunch:

Beef Brogul, Pork Schnitzel, Fish & Onion Lemon Baked Fish, Rice Pilaf, Baked Beans, Carrots, Green Beans, Broccoli Polonaise

Thursday Dinner:

Almond Crusted Crusted Cod, Hamburger Yakisoba, Cranberry Glazed Chicken, Lyonnaise Potatoes, Steamed Rice, Roasted Brussel Sprouts, Hacienda Corn and Black Beans, French Style Peas

Friday Lunch:

Turkey and Spinach Meatloaf, Marinated Tomatoes w/ Penne & Basil, Pineapple BBQ Meatballs, Islander Rice, O'Brien Potatoes, Curried Cauliflower, French Style Green Beans, Vegetable Medley

Friday Dinner:

BBQ Beef Cubes, Chicken Enchilada, Baked Florentine Turkey Roulade, Baked Mac & Cheese, Steamed Rice, Asparagus, Back Eyes Peas, Broccoli Combo

Saturday Lunch:

Swiss Steak w/ Brown Gravy, Stuffed Green Peppers, Tuna Noodles, Brown Rice w/ Tomatoes, Simmered Pinto Beans, Peas, Mediterranean Grilled Asparagus, Succotash

Saturday Dinner:

Lasagna, Chicken Cacciatore, Italian Broccoli Pasta, Harvest Blend Rice, Franconia Potatoes, Scalloped Corn, Herbed Green Beans, Roasted Butternut Squash

Sunday Lunch:

Grilled Honey Siracha Chicken, Chili Mac, Shrimp Chop Suey, Steamed Rice, Baked Potato, Oriental Stir Fry Cabbage, Fried Okra, Corn Combo

Sunday Dinner:

Jamaican Chicken, Braised Spareribs, Salisbury Grilled Salmon, Baked Beans, Brown Rice, Peas w/ Mushroom & Onions, Green Bean Sesame Glaze, Southern Style Collard Greens

Monday Lunch:

Turkey Ala King, Country Style Fried Steak, Baja Baked Cod, Parmesan Rice, Roasted Cauliflower, Carrots on the Griddle, Mixed Veggies

Monday Dinner:

Swedish Meatballs, Polynesian Fillet, Steak Smothered in Onions, Rissolle Potatoes, Oriental Rice, Carrots, Broccoli, Cauliflower Combo

Tuesday Lunch:

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

Tuesday Dinner:

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

Wednesday Lunch:

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

Wednesday Dinner:

Baja Fish Taco, Baked Mexican Chicken, Beef Stir Fry, Steamed Rice, Hacienda Potatoes, Corn Combo, Roasted Butternut Squash, Sesame Glazed Green Beans

Thursday Lunch:

Spicy Catfish Pobo, Grilled Pork Chops, Cajun Meatloaf, Red Beans & Rice, Crispy Potato Wedges, Corn On The Cob, Cajun Style Veggies, Peas w/ Onions

Thursday Dinner:

Lemon Onion Baked Fish, Simmered Beef, Cajun Chicken, Dirty Rice, Roasted Pepper Potatoes, Carrots on the Griddle, Okra Melange, Green Beans

Friday Lunch:

Baked Dijon Pork Chops, Spinach Lasagna, Baked Florentine Turkey Roulade, Italian Style Baked Beans, Barley Pilaf, Sauteed Collard Greens w/ Garlic, Cauliflower Combo, Scalloped Corn

Friday Dinner:

Baked Salmon, Pineapple BBQ Meatballs, Honey Mustard Chicken Breast, Crispy Potato Wedges, Steamed Rice, Japanese Stir Fry Vegetables, Mixed Veggies, Curried Cauliflower

Saturday Lunch:

Roast Turkey, Cheese Tortellini, Stuffed Green Peppers, Corn Bread Dressing, Baked Sweet Potato, Asparagus, Sauteed Mushroom & Onions, Fried Cauliflower

Saturday Dinner:

Turkey & Spinach Meatloaf, Crispy Oven Baked Chicken, Parmesan Fish, Roasted Rosemary Potato Wedges, Roasted Carrots w/ Rosemary, Brussel Sprouts, Broccoli Polonaise

