

# O'Malley Dining Facility

\* Menu Subject to change.

14 November 20					
M I D N I G H T	Zesty Pork Chops (Yellow)	B R U N C H	Turkey Bacon (Green)	D I N N E R	Orzo w/ Spinach, Tomato, and Onion (Yellow, High)
	Crispy Potato Wedges (Green, High)		Bacon (Red, Moderate)		Roast Beef (Green, High)
	Collard Greens (Green, Low)		Creamed Beef (Yellow, Moderate)		Brown Gravy (Red, Moderate)
	Bacon (Red, Moderate)		French Toast (Yellow, Moderate)		Hopping John Rice (Green, Moderate)
	Creamed Beef (Yellow, Moderate)		Pancakes (Yellow, Moderate)		Glazed Sweet Potatoes (Yellow, Low)
	Biscuits (Yellow, Moderate)		Biscuits (Yellow, Moderate)		Herbed Green Beans (Green, Low)
	French Toast (Yellow, Moderate)		Hashed Brown Patty (Red, Low)		Corn Calico (Yellow, Low)
	Pancakes (Yellow, Moderate)		Boiled Eggs (Yellow, Low)		Broccoli Combo (Green, Low)
	Hashed Brown Patty (Red, Low)		Scrambled Eggs (Yellow, Low)		Ground Turkey Lasagna (Yellow, High)
	Boiled Eggs (Yellow, Low)		Fried Eggs (Yellow, Low)		Dinner Roll (Yellow, Low)
	Scrambled Eggs (Yellow, Low)		Omelet G4G (Yellow, Moderate)		
	Fried Eggs (Yellow, Low)		Grits (Yellow, Low)		
	Omelet G4G (Yellow, Moderate)		Oatmeal (Green, Low)		
	Grits (Yellow, Low)		Assorted Muffins (Yellow, Low)		
	Oatmeal (Green, Low)		Assorted Doughnut (Red, Low)		
	Assorted Muffins (Yellow, Low)		Steamed Brown Rice (Green, Low)		
Assorted Doughnut (Red, Low)	Santa Fe Glazed Chicken (Green)				
French Toast Sticks (Yellow, Moderate)	Zesty Pork Chops (Yellow)				
Turkey Bacon (Green)	Turkey Gravy (Red, Moderate)				
	Rice with Broccoli and Cheese (Yellow, High)				
	Crispy Potato Wedges (Green, High)				
	Black Eyed Peas (Green, Moderate)				
	Collard Greens (Green, Low)				
	Dinner Roll (Yellow, Low)				
	Cornbread (Yellow, Moderate)				

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15 November 20					
M I D N I G H T	Baked Salmon (Green, Low)	B R U N C H	Turkey Bacon (Green)	D I N N E R	Jerk Roast Turkey (Green, Low)
	Roasted Redskin Potatoes (Green, Low)		Bacon (Red, Moderate)		Brisket w/ BBQ Sauce (Yellow, Moderate)
	Stewed Tomatoes (Green, Low)		Creamed Beef (Yellow, Moderate)		Grilled Pork Chops (Yellow, Low)
	Bacon (Red, Moderate)		French Toast (Yellow, Moderate)		Mushroom Gravy (Yellow, High)
	Creamed Beef (Yellow, Moderate)		Pancakes (Yellow, Moderate)		Quinoa Southwest Pilaf (Green, Low)
	Biscuits (Yellow, Moderate)		Biscuits (Yellow, Moderate)		Rissole Potatoes (Red, Low)
	French Toast (Yellow, Moderate)		Hashed Brown Patty (Red, Low)		Savory Style Beans (Green, Low)
	Pancakes (Yellow, Moderate)		Boiled Eggs (Yellow, Low)		Mediterranean Lima Beans (Greens, Moderate)
	Hashed Brown Patty (Red, Low)		Scrambled Eggs (Yellow, Low)	Corn Combo (Green, Low)	
	Boiled Eggs (Yellow, Low)		Fried Eggs (Yellow, Low)		
	Scrambled Eggs (Yellow, Low)		Omelet G4G (Yellow, Moderate)		
	Fried Eggs (Yellow, Low)		Grits (Yellow, Low)		
	Omelet G4G (Yellow, Moderate)		Oatmeal (Green, Low)		
	Grits (Yellow, Low)		Assorted Muffins (Yellow, Low)		
	Oatmeal (Green, Low)		Assorted Doughnut (Red, Low)		
	Assorted Muffins (Yellow, Low)		Steamed Brown Rice (Green, Low)		
Assorted Doughnut (Red, Low)	Bourbon Chicken (Yellow, Low)				
French Toast Sticks (Yellow, Moderate)	Swiss Steak w/Brown Gravy (Red)				
Turkey Bacon (Green)	Brown Gravy (Red, Moderate)				
	Jefferson Noodles (Yellow, Moderate)				
	Roasted Redskin Potatoes (Green, Low)				
	Peas (Green, Low)				
	Stewed Tomatoes (Green, Low)				
	Chicken Noodle Soup (Yellow, High)				
	Dinner Roll (Yellow, Low)				

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16 November 20							
M I D N I G H T	Creole Fish Fillets (Green, Moderate)	B R E A K F A S T	Turkey Bacon (Green)	L U N C H	Creole Fish Fillets (Green, Moderate)	D I N N E R	Marinated Tomatoes With Penne And Basil (Green, High)
	Spinach & Tomato Orzo (Yellow, Low)		Bacon (Red, Moderate)		Pasta Toscano (Yellow, High)		Cajun Chicken (Green, Moderate)
	Corn on Cob (Green, Low)		Creamed Beef (Yellow, Moderate)		Braised Spareribs (Yellow, Moderate)		Beef Stew (Yellow, Moderate)
	Bacon (Red, Moderate)		French Toast (Yellow, Moderate)		Brown Gravy (Red, Moderate)		Turkey Gravy (Red, Moderate)
	Turkey Bacon (Green)		Pancakes (Yellow, Moderate)		Spinach & Tomato Orzo (Yellow, Low)		Garlic Mashed Potatoes (Yellow, High)
	Creamed Beef (Yellow, Moderate)		Biscuits (Yellow, Moderate)		Buttered Parsley Potatoes (Green, Moderate)		Long Grain & Wild Rice (Green, High)
	Biscuits (Yellow, Moderate)		Hashed Brown Patty (Red, Low)		Broccoli Parmesan (Green, Moderate)		French Green Beans (Green, Low)
	French Toast (Yellow, Moderate)		Boiled Eggs (Yellow, Low)		Corn on Cob (Green, Low)		Spinach (Green, Low)
	Pancakes (Yellow, Moderate)		Scrambled Eggs (Yellow, Low)		Olive-Oil Braised Carrots w/Warm Spices (Green, High)		Savory Summer Squash (Green, Moderate)
	Hashed Brown Patty (Red, Low)		Fried Eggs (Yellow, Low)		Dinner Roll (Yellow, Low)		Dinner Roll (Yellow, Low)
	Boiled Eggs (Yellow, Low)		Omelet G4G (Yellow, Moderate)				
	Scrambled Eggs (Yellow, Low)		Grits (Yellow, Low)				
	Fried Eggs (Yellow, Low)		Oatmeal (Green, Low)				
	Omelet G4G (Yellow, Moderate)		Assorted Muffins (Yellow, Low)				
	Grits (Yellow, Low)		Assorted Doughnut (Red, Low)				
	Oatmeal (Green, Low)		Steamed Brown Rice (Green, Low)				
Breakfast Burritos (Yellow)	Breakfast Burritos (Yellow)						
Assorted Muffins (Yellow, Low)							
Assorted Doughnut (Red, Low)							

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17 November 20							
M I D N I G H T	Crispy Oven-Baked Chicken (Yellow, Low)	B R E A K F A S T	Turkey Bacon (Green)	L U N C H	Crispy Oven-Baked Chicken (Yellow, Low)	D I N N E R	Braised Beef & Noodles (Yellow, Moderate)
	Parmesan Rice (Yellow, Moderate)		Sausage Links (Red, Moderate)		Mediterranean Quinoa Cakes (Green, Moderate)		Sweet and Spicy Orange Salmon (Yellow, Moderate)
	Carrots (Green, Moderate)		Creamed Beef (Yellow, Moderate)		Beef Bulgogi (Green, High)		Brown Gravy (Red, Moderate)
	Turkey Bacon (Green)		French Toast (Yellow, Moderate)		Onion Gravy (Yellow, High)		Baked Potato (Green, Low)
	Creamed Beef (Yellow, Moderate)		Pancakes (Yellow, Moderate)		Parmesan Rice (Yellow, Moderate)		Oriental Rice (Yellow, Moderate)
	Biscuits (Yellow, Moderate)		Biscuits (Yellow, Moderate)		Lyonnaise Potatoes (Green, Low)		Peas (Green, Low)
	French Toast (Yellow, Moderate)		Hashed Brown Patty (Red, Low)		Roasted Brussel Sprouts (Green, Moderate)		Tempura Vegetables (Red, Moderate)
	Pancakes (Yellow, Moderate)		Boiled Eggs (Yellow, Low)		Carrots (Green, Moderate)		Oriental Stir Fry Cabbage (Green, Moderate)
	Hashed Brown Patty (Red, Low)		Scrambled Eggs (Yellow, Low)		Hash Sweet Potato and Barley (Green, Low)		Dinner Roll (Yellow, Low)
	Boiled Eggs (Yellow, Low)		Fried Eggs (Yellow, Low)		Dinner Roll (Yellow, Low)		Chicken Teriyaki (Yellow, High)
	Scrambled Eggs (Yellow, Low)		Omelet G4G (Yellow, Moderate)				
	Fried Eggs (Yellow, Low)		Grits (Yellow, Low)				
	Omelet G4G (Yellow, Moderate)		Oatmeal (Green, Low)				
	Grits (Yellow, Low)		Assorted Muffins (Yellow, Low)				
	Oatmeal (Green, Low)		Assorted Scone (Red, Low)				
	Assorted Muffins (Yellow, Low)		Steamed Brown Rice (Green, Low)				
	Assorted Scone (Red, Low)		French Toast Sticks (Yellow, Moderate)				
French Toast Sticks (Yellow, Moderate)							
Sausage Links (Red, Moderate)							

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18 November 20							
M I D N I G H T	Pineapple BBQ Meatballs (Yellow, Low)	B R E A K F A S T	Sausage Patty (Red, Moderate)	L U N C H	Herbed Baked Chicken (Green, Low)	D I N N E R	Fish Onion-Lemon Baked (Green, Low)
	Buttered Egg Noodles (Yellow, Moderate)		Turkey Bacon (Green)		Pineapple BBQ Meatballs (Yellow, Low)		Ground Turkey Lasagna (Yellow, High)
	Cauliflower (Green, Moderate)		Creamed Beef (Yellow, Moderate)		Onion Gravy (Yellow, High)		Yankee Pot Roast (Red)
	Turkey Bacon (Green)		French Toast (Yellow, Moderate)		Buttered Egg Noodles (Yellow, Moderate)		Onion Gravy (Yellow, High)
	Creamed Beef (Yellow, Moderate)		Pancakes (Yellow, Moderate)		Glazed Sweet Potatoes (Yellow, Low)		Orzo w/ Lemon and Herbs (Yellow, High)
	Biscuits (Yellow, Moderate)		Biscuits (Yellow, Moderate)		Roasted Zucchini Squash and Tomatoes (Green, Moderate)		Baked Sweet Potato (Green, Low)
	French Toast (Yellow, Moderate)		Hashed Brown Patty (Red, Low)		Cauliflower (Green, Moderate)		Corn (Green, Moderate)
	Pancakes (Yellow, Moderate)		Boiled Eggs (Yellow, Low)		French Style Peas (Green)		Carrots (Green, Moderate)
	Hashed Brown Patty (Red, Low)		Scrambled Eggs (Yellow, Low)		Pasta Primavera (Yellow, Moderate)		Herbed Green Beans (Green, Low)
	Boiled Eggs (Yellow, Low)		Fried Eggs (Yellow, Low)		Dinner Roll (Yellow, Low)		Dinner Roll (Yellow, Low)
	Scrambled Eggs (Yellow, Low)		Omelet G4G (Yellow, Moderate)				
	Fried Eggs (Yellow, Low)		Grits (Yellow, Low)				
	Omelet G4G (Yellow, Moderate)		Oatmeal (Green, Low)				
	Grits (Yellow, Low)		Assorted Muffins (Yellow, Low)				
	Oatmeal (Green, Low)		Assorted Doughnut (Red, Low)				
	Assorted Muffins (Yellow, Low)		Steamed Brown Rice (Green, Low)				
Assorted Scone (Red, Low)	Breakfast Burritos (Yellow)						
Breakfast Burritos (Yellow)							
Sausage Patty (Red, Moderate)							

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19 November 20							
M I D N I G H T	Shrimp Stir Fry (Green, High)	B R E A K F A S T	Turkey Bacon (Green)	L U N C H	Chicken Teriyaki (Yellow, High)	D I N N E R	Chicken and Broccoli Stir Fry (Green, High)
	Steamed Rice (Yellow, Low)		Bacon (Red, Moderate)		Pork Adobo (Yellow, High)		BBQ Beef Cubes (Red)
	Sesame Glazed Green Beans (Green, Moderate)		Creamed Beef (Yellow, Moderate)		Steamed Rice (Yellow, Low)		Onion Gravy (Yellow, High)
	Creamed Beef (Yellow, Moderate)		French Toast (Yellow, Moderate)		Turkey Gravy (Red, Moderate)		Spanish Rice (Yellow, Moderate)
	Biscuits (Yellow, Moderate)		Pancakes (Yellow, Moderate)		Peas (Green, Low)		Carrots (Green, Moderate)
	French Toast (Yellow, Moderate)		Biscuits (Yellow, Moderate)		Mashed Potatoes Fresh (Yellow, Low)		Succotash (Green, Low)
	Pancakes (Yellow, Moderate)		Hashed Brown Patty (Red, Low)		Roasted Brussel Sprouts (Green, Moderate)		Mashed Potatoes (Yellow, Low)
	Hashed Brown Patty (Red, Low)		Boiled Eggs (Yellow, Low)		Carrots (Green, Moderate)		Tuna Noodle (Yellow, High)
	Boiled Eggs (Yellow, Low)		Scrambled Eggs (Yellow, Low)		Pasta Toscano (Yellow, High)		Peas w/ Onions (Green, Low)
	Scrambled Eggs (Yellow, Low)		Fried Eggs (Yellow, Low)		Dinner Roll (Yellow, Low)		Dinner Roll (Yellow, Low)
	Fried Eggs (Yellow, Low)		Omelet G4G (Yellow, Moderate)				
	Omelet G4G (Yellow, Moderate)		Grits (Yellow, Low)				
	Grits (Yellow, Low)		Oatmeal (Green, Low)				
	Oatmeal (Green, Low)		Assorted Muffins (Yellow, Low)				
	Assorted Muffins (Yellow, Low)		Assorted Doughnut (Red, Low)				
	Assorted Doughnut (Red, Low)		Steamed Brown Rice (Green, Low)				
	French Toast Sticks (Yellow, Moderate)		French Toast Sticks (Yellow, Moderate)				
Turkey Bacon (Green)							
Herbed Green Beans (Green, Low)							

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20 November 20							
M I D N I G H T	Marinated Tomatoes With Penne And Basil (Green, High)	B R E A K F A S T	Turkey Bacon (Green)	L U N C H	Chicken Breast Parmesan (Red)	D I N N E R	Chili Mac (Green, Moderate)
	Franconia Potatoes (Green, Low)		Creamed Beef (Yellow, Moderate)		Marinated Tomatoes With Penne And Basil (Green, High)		Baked Chicken (Green, High)
	Vegetable Medley (Green, Moderate)		French Toast (Yellow, Moderate)		Parmesan Cod (Yellow, Moderate)		Oven Fried Fish (Yellow, Low)
	Turkey Bacon (Green)		Pancakes (Yellow, Moderate)		Turkey Gravy (Red, Moderate)		Cream Gravy (Yellow, Moderate)
	Creamed Beef (Yellow, Moderate)		Biscuits (Yellow, Moderate)		Franconia Potatoes (Green, Low)		Rice Pilaf (Yellow, Moderate)
	Biscuits (Yellow, Moderate)		Hashed Brown Patty (Red, Low)		Dirty Rice (Yellow, Moderate)		Crispy Potato Wedges (Green, High)
	French Toast (Yellow, Moderate)		Boiled Eggs (Yellow, Low)		Italian Style Baked Beans (Green)		Black Eyed Peas (Green, Moderate)
	Pancakes (Yellow, Moderate)		Scrambled Eggs (Yellow, Low)		Vegetable Medley (Green, Moderate)		French Green Beans (Green, Low)
	Hashed Brown Patty (Red, Low)		Fried Eggs (Yellow, Low)		Glazed Carrots (Green)		Carrots (Green, Moderate)
	Boiled Eggs (Yellow, Low)		Omelet G4G (Yellow, Moderate)		Dinner Roll (Yellow, Low)		Dinner Roll (Yellow, Low)
	Scrambled Eggs (Yellow, Low)		Grits (Yellow, Low)				
	Fried Eggs (Yellow, Low)		Oatmeal (Green, Low)				
	Omelet G4G (Yellow, Moderate)		Assorted Muffins (Yellow, Low)				
	Grits (Yellow, Low)		Assorted Muffins (Yellow, Low)				
	Oatmeal (Green, Low)		Steamed Brown Rice (Green, Low)				
	Assorted Muffins (Yellow, Low)		Breakfast Burritos (Yellow)				
	Assorted Doughnut (Red, Low)		Sausage Links (Red, Moderate)				
	Breakfast Burritos (Yellow)						
	Sausage Links (Red, Moderate)						