

**O'MALLEY  
DINING  
FACILITY MENU  
JULY 2024**

**Monday - Friday:**

**Breakfast 0500 - 0830 | Lunch  
1100 - 1330 | Dinner 1600 - 1800 |  
Midnight Meal 2300 - 0000**

**Weekends & Holidays:**

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



July 1<sup>st</sup>-4<sup>th</sup>

• 1 July Lunch:

- Roast Beef, Grilled Honey Sriracha Chicken, Pasta Primavera, Mashed Potatoes, Steamed Rice, Brussel Sprouts, Cream Style Corn, Roasted Butternut Squash

• Dinner

- Baked Fish w/ Lemon Garlic Butter, Beef and Corn Pie, Bourbon Chicken, Long Grain & Wild Rice, Oven Brownd Potatoes, Herbed Green Beans, Japanese Stir Fry Vegetables

• 2 July Lunch:

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

• Dinner:

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

• 3 July Lunch:

- Cajun Chicken, Roast Pork, Turkey Breast Fillet, Rice Pilaf, Baked Beans, Carrots, Green Beans, Broccoli Polonaise

• Dinner:

- Almond Crusted Cod, Spaghetti w/ Meat Sauce, Chicken Tiki Masala, Lyonnaise Potatoes, Steamed Rice, Roasted Brussel Sprouts, Hacienda Corn and Black Beans, French Style Peas

• 4 July Lunch:

- Turkey & Spinach Meatloaf, Marinated Tomatoes w/ Penne and Basil, Swedish Meatballs, Steamed Rice, O'Brien Potatoes, Club Spinach, Baked Sweet Potatoes, Mixed Vegetables

• Dinner:

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

\*\*\*\*Menu is subject to change\*\*\*\*

July 5<sup>th</sup>-11<sup>th</sup>

• 5 July Lunch:

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

• Dinner:

• Stuffed Green Peppers, Chicken Cacciatore, Yakisoba Beef, Harvest Blend Rice, Franconia Potatoes, Scalloped Corn, Herbed Green Beans,

• 6 July Lunch:

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

• Dinner:

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

• 7 July Lunch:

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

• Dinner:

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

• 8 July Lunch:

• Oriental Pepper Steak, Chicken Parmesan, Baked Fish w/ Lemon Garlic Butter, Brown Rice, Oven Browned Potatoes, Corn Calico, Mixed Vegetables, Spinach

• Dinner:

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

• 9 July Lunch:

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

• Dinner:

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

• 10 July Lunch

• Lemon Basil Pasta, Grilled Pork Chops, Cajun Meatloaf, Red Beans & Rice, Crispy Potato Wedges, Corn on the Cobb, Cajun Style Vegetables, Peas w/ Onions

• Dinner:

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

• 11 July Lunch:

• Dijon Pork Chops, Spinach Lasagna, Baked Florentine Roulade, Italian Style Baked beans, Barley Pilaf, Collard Greens, Cauliflower Combo

• Dinner:

• Baked Salmon, Pineapple BBQ Meatballs, Spinach Lasagna, Crispy Potato Wedges, Steamed Rice, Japanese Stir Fry Vegetables, Mixed Veggies, Cauliflower

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July 12<sup>th</sup>-18<sup>th</sup>

• 12 July Lunch:

- **Bourbon Chicken, Cheese Tortellini, Stuffed Green Peppers, Corn Bread Dressing, Baked Sweet Potato, Asparagus, Sautéed Mushroom & Onions, Fried Cauliflower**

• Dinner:

- **Turkey and Spinach Meatloaf, Crispy Oven Baked Chicken, Parmesan Fish, Rice Pilaf, Roasted Rosemary Potato Wedges, Roasted Carrots w/ Rosemary, Brussel Sprouts, Broccoli Polonaise**

• 13 July Lunch:

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

• Dinner:

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

• 14 July Lunch:

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

• Dinner:

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

• 15 July Lunch:

- **Southwestern Sweet Potatoes Black Beans & Corn, Simmered Beef, Almond Crusted Cod, Steamed Rice, Mashed Potatoes, Corn, Peas & Carrots, Asparagus**

• Dinner:

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

• 16 July Lunch:

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

• Dinner:

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

• 17 July Lunch:

- **Shrimp Kabob, Ginger BBQ Chicken, Chicken Tiki Masala, Garlic & Soy Roasted Potatoes, Steamed Rice, Green Beans Sesame Glaze, Sautéed Mushrooms & Onions, Spinach**

• Dinner:

- **Marinated Tomatoes w/ Penne & Basil, Southern Fried Catfish, Sweet Chili BBQ Meatballs, Brown Rice, Potatoes & Herbs, Curried Cauliflower, Stewed Tomatoes, Grilled Asparagus**

• 18 July Lunch:

- **Chicken w/ Dumplings, Spaghetti w/ Meat Sauce, Baked Fish, Red Beans & Rice, Mashed Potatoes, Broccoli, Southern Style Collard Greens, Carrots**

• Dinner:

- **Baked Chicken, BBQ Brisket, Baked Fish, Crispy Potato Wedges, Brown Rice, Fried Okra, Green Beans w/ Mushrooms, Cream Style Corn**

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July 19<sup>th</sup>-25<sup>th</sup>

• 19 July Lunch:

• Polish Sausage, Baked Salmon, Spaghetti w/ Meat Sauce, Buttered Parsley Potatoes, Brown Rice w/ Tomatoes, Sautéed Peppers & Onions, Brussel Sprouts, Mixed Vegetables

• Dinner:

• Roast Beef, Shrimp Scampi, Chicken Bulgogi, Baked Potato Halves, Steamed Rice, Corn, Glazed Carrots, Cauliflower Parmesan

• 20 July Lunch:

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

• Dinner:

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

• 21 July Lunch:

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

• Dinner:

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

• 22 July Lunch:

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

• Dinner:

• Southwestern Sweet Potatoes Black Beans & Corn, Beef Stew, Honey Ginger Chicken, Rice Pilaf, Roasted Pepper Potatoes, Asparagus, Cauliflower, Cream Style Corn

23 July Lunch:

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

• Dinner:

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

• 24 July Lunch:

• Lemon Basil Shrimp Pasta, Mambo Pork Roast, Chicken Bulgogi, O'Brien Potatoes, Brown Rice, Sautéed Mushrooms & Onions, Grilled Asparagus, Broccoli Polonaise

Dinner:

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

• 25 July Lunch:

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

• Dinner:

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

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July 26<sup>th</sup>-31<sup>st</sup>

• 26 June Lunch:

- Fiesta Chicken, Yakisoba Beef, Stuffed Baked Pork Chop, Savory Style Beans, Oven Brownd Potatoes, Cauliflower Au Gratin, Carrots on the Griddle, Broccoli

• Dinner:

- Turkey Ala King, Savory Baked Chicken, Oven Fried Fish, Brown Rice w/ Vegetable Sicilian, Mashed Potatoes, Garlic Sauteed Spinach, Mixed Vegetables, Green Beans w/ Mushrooms

• 27 June Lunch:

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

• Dinner:

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

• 28 June Lunch:

- Turkey Breast Filet, Shrimp Jambalaya, Southern Fried Chicken, Boston Baked Beans, Buttered Egg Noodles, Carrots, Peas w/ Mushrooms and Onions, Cauliflower Combo

• Dinner:

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

• 29 June Lunch:

- Roast Beef, Grilled Honey Sriracha Chicken, Pasta Primavera, Mashed Potatoes, Steamed Rice, Brussel Sprouts, Cream Style Corn, Roasted Butternut Squash

• Dinner:

- Baked Fish w/ Lemon Garlic Butter, Beef and Corn Pie, Bourbon Chicken, Long Grain & Wild Rice, Oven Brownd Potatoes, Herbed Green Beans, Japanese Stir Fry Vegetables

• 30 July Lunch:

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

• Dinner:

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

• 31 July Lunch:

- Cajun Chicken, Roast Pork, Turkey Breast Fillet, Rice Pilaf, Baked Beans, Carrots, Green Beans, Broccoli Polonaise

• Dinner:

- Almond Crusted Cod, Spaghetti w/ Meat Sauce, Chicken Tiki Masala, Lyonnaise Potatoes, Steamed Rice, Roasted Brussel Sprouts, Hacienda Corn and Black Beans, French Style Peas

\*\*\*\*Menu is subject to change\*\*\*\*

# Specialty Bar

1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup> Monday- Sausage Bar

2<sup>nd</sup> & 4<sup>th</sup> Monday- Potato Bar

Tuesday- Taco Bar

Wednesday- Wing Bar

Thursday- Ethnic Meal

4 July- Southern Meal

11 July- Mexican Meal

18 July- Korean Meal

25 July- Italian Meal

Friday- Pasta Bar

Last Wednesday of the month- Mongolian Grill (Lunch)  
Wing Bar (Dinner)

1<sup>st</sup> Tuesday/Month- Steak for Breakfast



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