

CROSSBROW DINING FACILITY 1-7 OCTOBER MENU (Lunch) (TUE-MON)

1 OCT	2 OCT	3 OCT	4 OCT	5 OCT	6 OCT	7 OCT
Corn Chowder	Chicken Gumbo	Chicken w/Rice Soup	Clam Chowder	Chicken Tortilla Soup	Broccoli & Cheese Soup	Minestrone Soup
Basil Baked Fish	Spicy Catfish Po boy	Baked Dijon Pork Chop	Roast Turkey	Baked Chicken	Creole Fish Fillets	Southwestern Sweet Potatoes
Turkey Breast Fillet	Grilled Pork Chops	Spinach Lasagna	Cheese Tortellini with Marina	Southwestern Shrimp Linguine	Stir Fry Chicken w/Broccoli	Black Beans and Corn
Pasta Provencal	Cajun Meatloaf	Baked Florentine Turkey	Stuffed Green Peppers (Beef)	Beef Bulgogi	Teriyaki Steak	Simmered Beef
Mashed Potatoes	Red Beans & Rice	Roulade	Corn Bread Dressing	Sicilian Brown Rice w/ Vegetable	Lyonnais Rice	Almond Crusted Cod
Jefferson Noodles	Crispy Potato Wedges	Italian Style Baked Beans	Baked Sweet Potato	Garlic Mashed Potatoes	Roasted Pepper Potatoes	Steamed Rice
Cauliflower	Corn on the Cob	Barley Pilaf	Grilled Asparagus	Herbed Green Beans	Peas w/ Mushrooms and Onions	Roasted Pepper Potatoes
Carrots	Cajun Style Vegetables	Sauteed Collard Greens w/Garlic	Sauteed Mushrooms & Onions	Fried Okra	Roasted Cauliflower	Corn
Broccoli Parmesan	Peas w/ Onions	Cauliflower Combo	Fried Cauliflower	Braised Cabbage	French Style Green beans	Peas and Carrots
Turkey Gravy	Chicken Gravy	Scalloped Corn	Turkey Gravy	Chicken Gravy	Onion Gravy	Asparagus
Dinner Roll	Bread Stick	Turkey Gravy	Bread Stick	Dinner Roll	Dinner Roll	Brown Gravy
Cornbread	Cornbread	Jalapeno Cornbread	Dinner Roll	Cornbread	Bread Stick	Dinner Roll
		Dinner Roll				Bread Stick

Current Global Supply Chain issues may require menu changes without notice



Wing Wednesday- 2 October

CROSSBROW DINING FACILITY 1-7 OCTOBER MENU (Dinner) (TUE-MON)

1 OCT	2 OCT	3 OCT	4 OCT	5 OCT	6 OCT	7 OCT
Corn Chowder	Chicken Gumbo	Chicken w/Rice Soup	Clam Chowder	Chicken Tortilla	Broccoli & Cheese	Minestrone Soup
Baja Fish Taco	Fish Onion-Lemon Baked	Baked Salmon	Turkey and Spinach	Soup	Soup	Spaghetti w/Turkey
Baked Mexican Chicken	Simmered Beef	Pineapple BBQ Meatballs	Meatloaf	Honey Ginger	Chicken Ala King	Meat Sauce
Beef Stir Fry	Cajun Chicken	Honey Mustard Chicken	Crispy Oven Baked	Chicken	Baked Fish	Baked Fish w/Lemon
Steamed Rice	Dirty Rice	Breast	Chicken	Salisbury Steak	Pasta Primavera	Garlic Butter
Hacienda Potatoes	Roasted Pepper Potato	Crispy Potato Wedges	Parmesan Fish	Cheese Manicotti	O'Brien Potatoes	Stir Fried Garden
Corn Combo	Carrots on the Griddle	Steamed Rice	Orzo with Lemon and	Sweet Potatoes	Quinoa Southwest	Vegetables
Roasted Butternut Squash	Okra Mélange	Japanese Stir Fry	Herbs	Southern Style	Pilaf	w/Marinated Tofu and
Sesame Glazed Green Beans	Green Beans w/Feta	Vegetables	Roasted Rosemary	Boston Baked Beans	Hacienda Corn and	Brown Rice
Dinner Roll	Dinner Roll	Mixed Vegetables	Potato Wedge	Cauliflower Au	Black Beans	Long Grain & Wild Rice
Cornbread	Cornbread	Curried Cauliflower	Roasted Carrots w/	Gratin	Roasted Butternut	Buttered Parsley
		Bread Stick	Rosemary	Collard Greens	Squash	Potatoes
		Dinner Roll	Brussel Sprouts	Scalloped Corn	Stewed Tomatoes	Succotash
			Broccoli Polonaise	Brown Gravy	Bread Stick	Cauliflower Parmesan
			Dinner Roll	Bread Stick	Dinner Roll	Roasted Carrots w/
			Cornbread	Dinner Roll		Rosemary
						Dinner Roll
						Bread Stick

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CROSSBROW DINING FACILITY 8-14 OCTOBER MENU (Lunch)

Columbus Day Meal 14 October(TUE-MON)

8 OCT	9 OCT	10 OCT	11 OCT	12 OCT	13 OCT	*14 OCT*
Chicken Baja Enchilada Soup Chili Mac Basil Baked Fish Teriyaki Chicken Rice Pilaf Simmered Pinto Beans Green Beans w/Mushroom Oriental Stir Fry Cabbage Cauliflower Dinner Roll Jalapeno Corn Bread	Mushroom Soup Shrimp Kabob Ginger BBQ Chicken Lemon Basil Pasta Garlic and Soy Roasted Potatoes Steamed Rice Green Bean Sesame Glaze Sautéed Mushrooms & Onions Spinach Cornbread Bread Stick	Potato w/Bacon Soup Honey Mustard Chicken Breast Ziti with Meat Sauce Baked Fish Red Beans & Rice Mashed Potatoes Broccoli Southern Style Collard Greens Carrots Dinner Roll Cornbread	Corn Chowder Italian Sausage Baked Salmon Hamburger Yakisoba Buttered Parsley Potatoes Brown Rice w/Tomatoes Sautéed Peppers and Onions Brussel Sprouts Mixed Vegetables Dinner Roll Bread Stick	Broccoli & Cheese Soup Santa Fe Glazed Chicken Beef Ball Stroganoff Hopping John Rice Cottage Fried Potatoes Stewed Tomatoes Fried Cauliflower Braised Cabbage Dinner Roll Cornbread	Vegetable Soup Cheese Tortellini with Marina Bourbon Chicken Steamed Rice Roasted Pepper Potatoes Roasted Carrots w/ Rosemary Japanese Stir Fry Vegetables Succotash Dinner Roll Cornbread	Minestrone Soup Fruit Medley Salad Macaroni Tuna Salad Three Bean and Olive Salad Italian Broccoli Pasta Roast Beef Baked Chicken Onion Gravy Rice Pilaf Garlic Mashed Potatoes Spinach Corn Combo Garlic Peas Dinner Roll Cornbread

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Philly Thursday- 10 October

CROSSBROW DINING FACILITY 8-14 OCTOBER MENU (Dinner) (TUE-MON)

8 OCT	9 OCT	10 OCT	11 OCT	12 OCT	13 OCT	14 OCT
Chicken Baja Enchilada Soup Pork Roast Tenderloin Baja Baked Cod Pasta Provencal Scalloped Potatoes Steamed Rice Broccoli Combo Corn Calico Garlic Sauteed Spinach Chicken Gravy Dinner Roll Jalapeno Corn Bread	Mushroom Soup Marinated Tomatoes With Penne And Basil Southern Fried Catfish Sweet Chili BBQ Meatballs Brown Rice Potatoes and Herbs Curried Cauliflower Stewed Tomatoes Grilled Asparagus Cornbread Bread Stick	Potato w/Bacon Soup Hot and Spicy Chicken Pasta Toscano Cantonese Spareribs Crispy Potato Wedges Brown Rice Okra Mèlange Green Beans w/Mushrooms Cream Style Corn Dinner Roll Cornbread	Corn Chowder Roast Beef Shrimp Scampi German Chicken Schnitzel Baked Potato Halves Steamed Rice Corn on the Cob Glazed Carrots Cauliflower Parmesan Brown Gravy Dinner Roll Bread Stick	Broccoli & Cheese Soup Salmon w/Maple Ginger Glaze Stuffed Green Peppers w/Turkey and Lentils Pasta Primavera Garlic Mashed Potatoes Lyonnaise Rice Garlic Sauteed Spinach Mixed Vegetables Fried Okra Bread Stick Cornbread	Vegetable Soup 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 Chicken Gravy Dinner Roll Cornbread	Chicken Noodle Soup Southwestern Sweet Potatoes Black Beans and Corn Beef Stew Chicken Breast Dijon Rice Pilaf Roasted Pepper Potatoes Asparagus Cauliflower Cream Style Corn Brown Gravy Dinner Roll Cornbread

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CROSSBROW DINING FACILITY 15-21 OCTOBER MENU (Lunch) (TUE-MON)

15 OCT	16 OCT	17 OCT	18 OCT	19 OCT	20 OCT	21 OCT
Chicken Tortilla Soup Baked Fish Meat Loaf Baked Chicken Baked Mac and Cheese Mashed Potatoes Black Eyed Peas Carrots Corn on the Cob Chicken Gravy Dinner Roll Cornbread	Ham and Bean Soup Lemon Basil Shrimp Pasta Mambo Pork Roast Grilled Chicken w/ Mustard Sauce Roasted Redskin Potatoes Barley Pilaf Sauteed Mushrooms & Onions Grilled Asparagus Broccoli Polonaise Dinner Roll Cornbread	Minestrone Soup 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 Roll Cornbread	Potato w/Bacon Soup Chicken Florentine Italian Broccoli Pasta Stuffed Baked Pork Chops Savory Style Beans Oven Browned Potatoes Cauliflower Au Gratin Carrots on the Griddle Broccoli Brown Gravy Dinner Roll Cornbread	Chicken w/Rice Soup Hot and Spicy Chicken Ziti with Meat Sauce Buttered Parsley Potatoes Harvest Blend Rice Herbed Green Beans Succotash Fried Okra Bread Stick Dinner Roll	Clam Chowder Turkey Lentil Chili Southern Fried Chicken Boston Baked Beans Buttered Egg Noodles Carrots Peas w/ Mushrooms and Onions Cauliflower Combo Bread Stick Cornbread	Pot Roast Soup Roast Beef Chicken Cordon Bleu Pasta Primavera Mashed Potatoes Steamed Rice Brussel Sprouts Cream Style Corn Roasted Butternut Squash Brown Gravy Dinner Roll Cornbread

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Wing Wednesday – 16 October

CROSSBROW DINING FACILITY 15-21 OCTOBER MENU (Dinner) (TUE-MON)

15 OCT	16 OCT	17 OCT	18 OCT	19 OCT	20 OCT	21 OCT
Chicken Tortilla Soup BBQ Beef Cubes Southwestern Fish (Green) Beef Fajitas Mexican Rice Refried Beans w/Cheese Peas Mexican Corn Spinach Dinner Roll Jalapeno Corn Bread	Ham and Bean Soup Grilled Steak Roast Turkey Mediterranean Salmon Roasted Pepper Potatoes Brown Rice Braised Cabbage Green Beans w/Feta Cauliflower Combo Brown Gravy Dinner Roll Cornbread	Minestrone Soup Crispy Oven Baked Chicken Roast Beef Parmesan Crusted Cod Steamed Rice Baked Sweet Potato (Green) Fried Okra Carrots Corn Combo Brown Gravy Dinner Roll Cornbread	Potato w/Bacon Soup Greek Lemon Turkey Pasta Savory Baked Chicken Oven Fried Fish Brown Rice w/Vegetable Sicilian Mashed Potatoes Garlic Sauteed Spinach Mixed Vegetables Green Beans w/Mushrooms Chicken Gravy Dinner Roll Cornbread	Chicken w/Rice Soup Beef Stir Fry Baked Stuffed Fish Chicken Bulgogi Dirty Rice Lyonnaise Potatoes Japanese Stir Fry Vegetables Fried Cauliflower Glazed Carrots Dinner Roll Cornbread	Clam Chowder Baked Dijon Pork Chop Chili Mac Lemon Pepper Catfish Simmered Pinto Beans Hopping John Rice Roasted Cauliflower Corn Broccoli Dinner Roll Cornbread	Pot Roast Soup Turkey Nuggets Beef and Corn Pie Bourbon Chicken Long Grain & Wild Rice Oven Brownd Potatoes Herbed Green Beans Japanese Stir Fry Vegetables Grilled Asparagus Turkey Gravy Dinner Roll Cornbread

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CROSSBROW DINING FACILITY 22-28 OCTOBER MENU (Lunch) (TUE-MON)

22 OCT	23 OCT	24 OCT	25 OCT	26 OCT	27 OCT	28 OCT
Chicken Baja Enchilada Soup Chicken Kabob Pepper Steak Tuna Noodles Steamed Rice Roasted Redskin Potatoes Braised Cabbage Mexican Corn Sauteed Mushrooms and Onions Bread Stick Cornbread	Potato Soup Beef Brogul Grilled Pork Loin Chops Fish Onion-Lemon Baked Rice Pilaf Baked Beans Carrots Green Beans w/Feta Broccoli Polonaise Brown Gravy Dinner Roll Cornbread	Beef & Noodle Soup Turkey and Spinach Meatloaf Marinated Tomatoes With Penne And Basil Pineapple BBQ Meatballs Islander Rice O'Brien Potatoes Curried Cauliflower French Style Green beans Vegetable Medley Dinner Roll Bread Stick	Chicken Noodle Soup Swiss Steak w/Brown Gravy Stuffed Green Peppers w/Turkey and Lentils Tuna Noodles Brown Rice w/Tomatoes Simmered Pinto Beans Peas Mediterranean Grilled Asparagus Succotash Dinner Roll Cornbread	Vegetable Soup Grilled Honey Sriracha Chicken Chili Mac Steamed Rice Baked Potato Oriental Stir Fry Cabbage Fried Cauliflower Corn Combo Dinner Roll Bread Stick	Broccoli & Cheese Soup Turkey Ala King Country Style Fried Steak Jefferson Noodles Parmesan Rice Roasted Cauliflower Carrots on the Griddle Mixed Vegetables Onion Gravy Dinner Roll Bread Stick Jefferson Noodles	Ham and Bean Soup Oriental Pepper Steak Chicken Parmesan Baked Fish w/Lemon Garlic Butter Brown Rice Oven Browned Potatoes Corn Calico Roasted Butternut Squash Spinach Bread Stick Cornbread

Current Global Supply Chain issues may require menu changes without notice



Philly Thursday- 24 October

CROSSBROW DINING FACILITY 22-28 OCTOBER MENU (Dinner) (TUE-MON)

22 OCT	23 OCT	24 OCT	25 OCT	26 OCT	27 OCT	28 OCT
Chicken Baja Enchilada Soup	Potato Soup	Beef & Noodle Soup	Chicken Noodle Soup	Vegetable Soup	Broccoli & Cheese Soup	Ham and Bean Soup
Sweet and Spicy Orange Salmon	Almond Crusted Cod	BBQ Beef Cubes	Lasagna	Jamaican Chicken	Swedish Meatballs (Ground Turkey)	Pork Roast
Cheese Tortellini with Marina	Hamburger Yakisoba	Chicken Enchilada	Chicken Cacciatore	Braised Spareribs	Polynesian Fillet	Tenderloin
Steak Ranchero	Cranberry Glazed Chicken	Baked Florentine Turkey	Italian Broccoli Pasta	Salisbury Grilled Salmon	Steak Smothered in Onions	Lemon Basil Pasta
Brown Rice	Lyonnais Potatoes	Roulade	Harvest Blend Rice	Baked Beans	Rissole Potatoes	Savory Baked Chicken
Cottage Fried Potatoes	Steamed Rice	Baked Mac and Cheese	Franconia Potatoes	Brown Rice	Oriental Rice	Long Grain & Wild Rice
Peas and Carrots	Roasted Brussel Sprouts	Steamed Rice	Scalloped Corn	Peas w/ Mushrooms and Onions	Carrots	Glazed Sweet Potatoes
Green Beans w/Mushrooms	Hacienda Corn and Black Beans	Grilled Asparagus	Herbed Green Beans	Green Bean Sesame Glaze	Broccoli	Stewed Tomatoes
Corn Calico	French Style Peas	Black Eyed Peas	Roasted Butternut Squash	Southern Style Collard Greens	Cauliflower Combo	Broccoli Polonaise
Chicken Gravy	Dinner Roll	Broccoli Combo	Dinner Roll	Brown Gravy	Onion Gravy	Corn
Bread Stick	Bread Stick	Cornbread	Cornbread	Dinner Roll	Dinner Roll	Chicken Gravy
Cornbread		Dinner Roll		Bread Stick	Bread Stick	Bread Stick
						Cornbread

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CROSSBROW DINING FACILITY 29-31 OCTOBER MENU (Lunch) (TUE-THU)

29 OCT	30 OCT	31 OCT				
Corn Chowder Basil Baked Fish Turkey Breast Fillet Pasta Provencal Mashed Potatoes Jefferson Noodles Cauliflower Carrots Broccoli Parmesan Turkey Gravy Dinner Roll Cornbread	Chicken Gumbo Spicy Catfish Poboy Grilled Pork Chops Cajun Meatloaf Red Beans & Rice Crispy Potato Wedges Corn on the Cob Cajun Style Vegetables Peas w/ Onions Chicken Gravy Bread Stick Cornbread	Chicken w/Rice Soup Baked Dijon Pork Chop Spinach Lasagna Baked Florentine Turkey Roulade Italian Style Baked Beans Barley Pilaf Sauteed Collard Greens w/Garlic Cauliflower Combo Scalloped Corn Turkey Gravy Jalapeno Cornbread Dinner Roll				

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Wing Wednesday- 30 October

CROSSBROW DINING FACILITY 29-31 OCTOBER MENU (Dinner) (TUE-THU)

29 OCT	30 OCT	31 OCT			
Corn Chowder Baja Fish Taco Baked Mexican Chicken Beef Stir Fry Steamed Rice Hacienda Potatoes Corn Combo Roasted Butternut Squash Sesame Glazed Green Beans Dinner Roll Cornbread	Chicken Gumbo Fish Onion-Lemon Baked Simmered Beef Cajun Chicken Dirty Rice Roasted Pepper Potato Carrots on the Griddle Okra M�lange Green Beans w/Feta Dinner Roll Cornbread	Chicken w/Rice Soup Baked Salmon Pineapple BBQ Meatballs Honey Mustard Chicken Breast Crispy Potato Wedges Steamed Rice Japanese Stir Fry Vegetables Mixed Vegetables Curried Cauliflower Bread Stick Dinner Roll			

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