

<b>1 Sep 09</b>	<b>Tuesday</b>
<b>LUNCH</b>	<b>DINNER</b>
New England Clam Chowder	New England Clam Chowder
Lemon Baked Fish	Turkey Nuggets
Yakisoba, Beef & Spaghetti	BBQ Beef Cubes
Pork Schnitzel	Chicken Fajitas
Mashed Potatoes	O' Brien Potatoes
Ginger Rice	Steamed Rice
Brussel Sprouts	Cauliflower
Spinach	Corn on the cob

<b>2 Sep 09</b>	<b>Wednesday</b>
<b>LUNCH (Southern Meal)</b>	<b>DINNER</b>
Minestrone Soup	Minestrone Soup
BBQ Chicken	Spaghetti w/Meat Sauce
Southern Fried Catfish	Swiss Steak w/brown gravy
Southern Fried Chicken	Fried Chicken
Glazed Sweet Potatoes	Steamed Rice
Macaroni & Cheese	Mashed Potatoes
Collard Greens	Fried Cauliflower
Fried Okra	Asparagus

<b>3 Sep 09</b>	<b>Thursday</b>
<b>LUNCH</b>	<b>DINNER</b>
Country Bean w/Ham	Country Bean w/Ham
Tuna Noodles	Mr. Z's Baked Chicken
Beef Ball Stroganoff	Pepper Steak
Baked Fish	Chili Mac
Rissole Potatoes	Steamed Rice
Egg Noodles	Mashed Potatoes
Broccoli	Green Beans
Peas & Carrots	Mixed vegetables

<b>4 Sep 09</b>	<b>Friday</b>
<b>LUNCH</b>	<b>DINNER</b>
California Medley	California Medley
Tempura Fish	Burritos
Chicken Cordon Bleu	Chicken Fillet Sandwich
Boneless Roast Turkey	Corn Dogs
Egg Noodles	Onion Rings
Steamed Rice	
Corn on the Cob	
Cauliflower	

<b>5 Sep 09</b>	<b>Saturday</b>
<b>BRUNCH</b>	<b>SUPPER</b>
Chicken & Dumpling	Chicken & Dumpling
Savory Baked Chicken	Baked Fish
Swedish Meatballs	Polish Sausage
Chicken Enchiladas	Chinese 5-Spice Chicken
Mashed Potatoes	Parsley Buttered Potatoes
Steamed Rice	Steamed Rice
Corn Combo	Vegetable Stir Fry
Peas & Carrots	Boston Baked Beans

<b>6 Sep 09</b>	<b>Sunday</b>
<b>BRUNCH</b>	<b>SUPPER</b>
California Medley	California Medley
BBQ Beef Sloppy Joe	Veal Parmesan
Baked Stuffed Pork Chops	Teriyaki Chicken
Chicken Breast Parmesan	Fried Shrimp
Baked Mac & Cheese	Rice Pilaf
O' Brien Potatoes	Baked Potatoes
Peas	Corn on the Cob
Carrots	Green Beans
Broccoli Combo	Carrots

<b>7 Sep 09</b>	<b>Monday</b>
<b>LUNCH</b>	<b>DINNER</b>
Beef Pot Roast Soup	Beef Pot Roast Soup
Pork Chop Mexicana	Spaghetti w/meat sauce
Pot Roast	Pepper Steak
Baked Stuffed Fish	Roast Turkey
Steamed Rice	Baked Potatoes
Oven Browned Potatoes	Steamed Rice
Cauliflower Combo	Corn
Succotash	Glazed Carrots

<b>8 Sep 09</b>	<b>Tuesday</b>
<b>LUNCH</b>	<b>DINNER</b>
Minestrone Soup	Minestrone Soup
Teriyaki Chicken	Santa Fe Glazed Chicken
Veal Parmesan	Meat Loaf
Cajun Baked Fish	Turkey Ala King
Parsley Buttered Potatoes	Steamed Rice
Steamed Rice	Mashed Potatoes
Steamed Carrots	Mustard Greens
Club Spinach	Tempura Vegetables

<b>9 Sep 09</b>	<b>Wednesday</b>
<b>LUNCH (German Meal)</b>	<b>DINNER</b>
Baked Potato Chowder	Baked Potato Chowder
Stuffed Cabbage Rolls	Pork Schnitzel
Jaegerschnitzel w/Mushrooms	BBQ Beef Cubes
Bratwurst	Lemon Herb Chicken
Egg Noodles	Steamed Rice
Fried Potato Balls	Scalloped Potatoes
Peas & Carrots	Cauliflower Combo
Fried Cabbage	Corn

<b>10 Sep 09</b>	<b>Thursday</b>
<b>LUNCH</b>	<b>DINNER</b>
Baked Potato Chowder	Baked Potato Chowder
Herbed Baked Chicken	Orange Spiced Pork Chops
Braised beef & noodles	Chicken Cordon Bleu
Southern fried Catfish	Veal Jaegerschnitzel
Black-eyed peas w/rice	Orange Rice
Mashed Potatoes	Potato Halves
Sweet Potatoes	Steamed carrots
Mixed vegetables	Simmered Pinto Beans

<b>11 Sep 09</b>	<b>Friday</b>
<b>LUNCH</b>	<b>DINNER</b>
Chicken Tortilla Soup	Chicken Tortilla Soup
Mexican Baked Chicken	Buffalo Wings
Country Style Steak	Pepperoni Pizza
Chili Mac	Cheese Pizza
Mashed Potatoes	Corn Dogs
Baked Mac & Cheese	Onion Rings
Corn on the Cob	Nacho's
Spanish Style beans	
Peas & Carrots	

<b>12 Sep 09</b>	<b>Saturday</b>
<b>BRUNCH</b>	<b>SUPPER</b>
Country Bean w/Ham	Country Bean w/Ham
Crispy Baked Chicken	Fish Almondine
Lemon Herbed Fish	Stir Fry Chicken w/broccoli
Beef Yakisoba(w/ground beef)	Pork Chops w/mushroom gravy
Rice Pilaf	Rissole Potatoes
Baked Potatoes	Steamed Rice
Broccoli	Calico Corn
Glazed Carrots	Brussel Sprouts

<b>13 Sep 09</b>	<b>Sunday</b>
<b>BRUNCH</b>	<b>SUPPER</b>
Broccoli & Cheese Soup	Broccoli & Cheese Soup
Chicken Parmesan	Ginger BBQ Chicken
Salisbury Steak	Fried Shrimp
Baked Fish	Beef Manicotti/Cannelloni
Au Gratin Potatoes	Mashed Potatoes
Egg Noodles	Crispy Potato wedges
Cauliflower Combo	Collard Greens
Mixed Vegetables	Black-eyed Peas

<b>14 Sep 09</b>	<b>Monday</b>
<b>LUNCH</b>	<b>DINNER</b>
Chicken Gumbo Soup	Chicken Gumbo Soup
Roast Beef	Spaghetti w/Meat Sauce
Southern Fried Catfish	Swiss Steak w/Brown Gravy
Chicken Broccoli Stir Fry	Fried Chicken
Steamed Rice	Steamed Rice
O' Brien Potatoes	Mashed Potatoes
Peas & Carrots	Fried Cauliflower
Corn Combo	Peas & Carrots

<b>15 Sep 08</b>	<b>Tuesday</b>
<b>LUNCH</b>	<b>DINNER</b>
New England Clam Chowder	New England Clam Chowder
Lemon Baked Fish	Turkey Nuggets
Yakisoba, Beef & Spaghetti	BBQ Beef Cubes
Pork Schnitzel	Chicken Fajitas
Mashed Potatoes	O' Brien Potatoes
Ginger Rice	Steamed Rice
Brussel Sprouts	Cauliflower
Spinach	Corn on the cob
Glazed Carrots	Lima Beans

<b>16 Sep 08</b>	<b>Wednesday</b>
<b>LUNCH (Asian Meal)</b>	<b>DINNER</b>
French Onion Soup	Minestrone Soup
Chinese Five Spice Chicken	BBQ Pork Chop
Stir Fry Beef w/Broccoli	Beef w/Broccoli Stir Fry
Cantonese Spareribs	Sante Fe Glazed Chicken
Steamed Rice	Steamed Rice
Parsley Buttered Potatoes	Mashed Potatoes
Veggie Stir Fry	Herb Green Beans
Broccoli Polonaise	Peas & Carrots

<b>17 Sep 08</b>	<b>Thursday</b>
<b>LUNCH</b>	<b>DINNER</b>
Country Bean w/Ham	Country Bean w/Ham
Tuna Noodles	Mr. Z's Baked Chicken
Beef Ball Stroganoff	Pepper Steak
Baked Fish	Chili Mac
Rissole Potatoes	Steamed Rice
Egg Noodles	Mashed Potatoes
Broccoli	Green Beans
Peas & Carrots	Mixed vegetables

<b>18 Sep 08</b>	<b>Friday</b>
<b>LUNCH</b>	<b>DINNER</b>
California Medley	California Medley
Tempura Fish	Burritos
Chicken Cordon Bleu	Chicken Fillet Sandwich
Boneless Roast Turkey	Corn Dogs
Egg Noodles	Onion Rings
Steamed Rice	
Corn on the Cob	
Cauliflower	
Collard Greens	

19 Sep 08		Saturday
<b>BRUNCH</b>	<b>SUPPER</b>	
Chicken & Dumpling	Chicken & Dumpling	
Savory Baked Chicken	Baked Fish	
Swedish Meatballs	Polish Sausage	
Chicken Enchiladas	Chinese 5-Spice Chicken	
Mashed Potatoes	Parsley Buttered Potatoes	
Steamed Rice	Steamed Rice	
Corn Combo	Vegetable Stir Fry	
Peas & Carrots	Boston Baked Beans	

20 Sep 08		Sunday
<b>BRUNCH</b>	<b>SUPPER</b>	
California Medley	California Medley	
BBQ Beef Sloppy Joe	Veal Parmesan	
Baked Stuffed Pork Chops	Teriyaki Chicken	
Chicken Breast Parmesan	Fried Shrimp	
Baked Mac & Cheese	Rice Pilaf	
O' Brien Potatoes	Baked Potatoes	
Peas	Corn on the Cob	
Carrots	Green Beans	

21 Sep 08		Monday
<b>LUNCH</b>	<b>DINNER</b>	
Beef Pot Roast Soup	Beef Pot Roast Soup	
Pork Chop Mexicana	Spaghetti w/meat sauce	
Pot Roast	Pepper Steak	
Baked Stuffed Fish	Roast Turkey	
Steamed Rice	Baked Potatoes	
Oven Brownd Potatoes	Steamed Rice	
Cauliflower Combo	Corn	
Succotash	Glazed Carrots	

22 Sep 08		Tuesday
<b>LUNCH</b>	<b>DINNER</b>	
Minestrone Soup	Minestrone Soup	
Teriyaki Chicken	Santa Fe Glazed Chicken	
Veal Parmesan	Meat Loaf	
Cajun Baked Fish	Turkey Ala King	
Parsley Buttered Potatoes	Steamed Rice	
Steamed Rice	Mashed Potatoes	
Steamed Carrots	Mustard Greens	
Club Spinach	Tempura Vegetables	

23 Sep 08		Wednesday
<b>LUNCH (Italian Meal)</b>	<b>DINNER</b>	
Minestrone Soup	Minestrone Soup	
Lasagna	BBQ Pork Chop	
Spaghetti w/Meat Sauce	Beef w/Broccoli Stir Fry	
Chicken Breast Parmesan	Sante Fe Glazed Chicken	
Mashed Potatoes	Steamed Rice	
Steamed Rice	Mashed Potatoes	
Club Spinach	Herb Green Beans	
Italian Style Baked Beans	Peas & Carrots	

24 Sep 08		Thursday
<b>LUNCH</b>	<b>DINNER</b>	
Baked Potato Chowder	Baked Potato Chowder	
Herbed Baked Chicken	Orange Spiced Pork Chops	
Braised beef & noodles	Chicken Cordon Bleu	
Southern fried Catfish	Veal Jaegerschnitzel	
Black-eyed peas w/rice	Orange Rice	
Mashed Potatoes	Potato Halves	
Sweet Potatoes	Steamed carrots	
Mixed vegetables	Simmered Pinto Beans	

25 Sep 09		Friday
<b>LUNCH</b>	<b>DINNER</b>	
Chicken Tortilla Soup	Chicken Tortilla Soup	
Mexican Baked Chicken	Buffalo Wings	
Country-style Steak	Pepperoni Pizza	
Chili Mac	Cheese Pizza	
Mashed Potatoes	Corn Dogs	
Baked Mac & Cheese	Onion Rings	
Corn on the Cob	Nacho's	
Spanish-style beans		

26 Sep 09		Saturday
<b>BRUNCH</b>	<b>SUPPER</b>	
Country Bean w/Ham	Country Bean w/Ham	
Crispy Baked Chicken	Fish Almondine	
Lemon Herbed Fish	Stir Fry Chicken w/broccoli	
Beef Yakisoba(w/ground beef)	Pork Chops w/mushroom gravy	
Rice Pilaf	Rissole Potatoes	
Baked Potatoes	Steamed Rice	
Broccoli	Calico Corn	

27 Sep 09		Sunday
<b>BRUNCH</b>	<b>SUPPER</b>	
Broccoli & Cheese Soup	Broccoli & Cheese Soup	
Chicken Parmesan	Ginger BBQ Chicken	
Salisbury Steak	Fried Shrimp	
Baked Fish	Beef Manicotti/Canelloni	
Au Gratin Potatoes	Mashed Potatoes	
Egg Noodles	Crispy Potato wedges	

28 Sep 09		Monday
<b>LUNCH</b>	<b>DINNER</b>	
Chicken Gumbo Soup	Chicken Gumbo Soup	
Roast Beef	Spaghetti w/Meat Sauce	
Southern Fried Catfish	Swiss Steak w/Brown Gravy	
Chicken Broccoli Stir Fry	Fried Chicken	
Steamed Rice	Steamed Rice	
O' Brien Potatoes	Mashed Potatoes	
Peas & Carrots	Fried Cauliflower	
Corn Combo	Peas & Carrots	

29 Sep 09		Tuesday
<b>LUNCH</b>	<b>DINNER</b>	
New England Clam Chowder	New England Clam Chowder	
Lemon Baked Fish	Turkey Nuggetts	
Yakisoba, Beef & Spaghetti	BBQ Beef Cubes	
Pork Schnitzel	Chicken Fajitas	
Mashed Potatoes	O' Brien Potatoes	
Ginger Rice	Steamed Rice	
Brussel Sprouts	Cauliflower	
Spinach	Corn on the cob	

30 Sep 09		Wednesday
<b>LUNCH (Cajun Meal)</b>	<b>DINNER</b>	
Minestrone Soup	Minestrone Soup	
Cajun Baked Fish	BBQ Pork Chop	
Cajun Meatloaf	Beef w/Broccoli Stir Fry	
Shrimp Gumbo	Sante Fe Glazed Chicken	
Au Gratin Potatoes	Steamed Rice	
Wild Rice	Mashed Potatoes	
Fried Okra	Herb Green Beans	
Calico Corn	Peas & Carrots	
French Green Beans	Cabbage	

# Solar Inn Dining Facility Menu for September 2009



## Solar Inn Dining Facility 97th Force Support Squadron Altus AFB, Oklahoma

Comm: 580-481-7781  
DSN: 866-7781

### Hours of Operation

<b>Breakfast</b>	0630 - 0800	Mon - Fri
<b>Lunch</b>	1100 - 1300	Mon - Fri
<b>Dinner</b>	1700 - 1900	Mon - Fri
<b>Brunch</b>	0800 - 1300	Sat, Sun & Holidays
<b>Supper</b>	1700 - 1830	Sat, Sun & Holidays

*menu subject to change*

### September Speciality Meals

Sept 2 - Southern  
Sept 9 - German  
Sept 16 - Asian  
Sept 23 - Italian  
Sept 30 - Cajun

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[www.altuservices.com](http://www.altuservices.com)**

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