

Our menu is color coded to help you make informed choices:

●Green = Choose frequently ●Amber = Choose less often ●Red = Choose occasionally

# IRELAND CAFÉ

Summer 2016



**GO FOR GREEN**

**Eat like an Athlete  
Train like a Pro  
Perform like a Champion**

**High Performance Foods**

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient dense
- Go for Green: Choose frequently

**Moderate Performance Foods**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

**Performance Limiting Foods**

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake

	Monday	Tuesday	Wednesday	Thursday	Friday
Specialty Bar	Wing Bar	Taco/Fajita Bar	Pizza (variety)	Potato Bar	
Daily Special	Chicken Tenders	Chicken & Portobello Sandwich	Cuban Sandwich	Oven Baked Fried Chicken	Chicken Tenders
Soup	Minestrone	Vegetable Orzo	Kale & Cannellini	Chili	Chicken Tortilla
Sandwiches	Southwestern Turkey	Smokehouse Club	Chicken Cranberry	Chicken Pesto	Steak & Spinach
Salads	Spinach Chicken	Mandarin Orange Chicken	Spinach Strawberry	Chicken Cranberry	Chicken Cobb
Short Order	Hamburgers, Cheeseburgers, Hot Dogs, Phillies, French Fries, Onion Rings (Tue/ Thurs), Sweet Pot Fries (Mon/Wed), Veggie Burger, Grilled Chicken				
<b>WEEK ONE 1-4 Nov</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Entrée	Braised Pork Chop with mushroom gravy	Oriental Pepper Steak	Potato Encrusted Cod	BBQ Pork Sandwich	Fish Taco
Entrée	Pecan Encrusted Tilapia	Orange Chicken	Meatloaf	Roast Turkey	Chicken Enchiladas
Vegetable	Corn on the Cob	Vegetable Stir Fry	Belgian Almandine	Broccoli	Squash & Carrot Medley
Vegetable	Cabbage	Sesame Green Beans	Blackened Eyed Peas	Maple Nut Carrots	Mexican Corn
Starch	Orzo w/Spinach& Tomato	Steamed Rice	Wild Rice	Baked Beans	Spanish Rice
Starch	Mashed Potatoes w/gravy	Fried Rice	Mashed Potatoes w/gravy	Mac & Cheese Dressing w/gravy	Refried Beans
Bread	Cornbread	Egg Rolls	Cornbread	Rolls(wheat/white)	Rolls(wheat/white)
<b>WEEK TWO 17-21 Oct</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Entrée	Blackened Cod	BBQ Pork Loin	Chile Lime Salmon	Brats	Tortilla Crusted Tilapia
Entrée	Roast Beef	Roasted Chicken	Chicken Cordon Bleu	Chili Mac	Stuffed Green Peppers
Vegetable	Green Beans	Rst. Broccoli& Tomatoes	Prince Edward Blend	Grilled Peppers & Onions	Brussels Sprouts
Vegetable	Baby Carrots	Roasted Squash	Corn on Cob	California blend	Fried Cauliflower
Starch	Succotash	Baked Sweet Potatoes	Navy Beans	O'Brien Potatoes	Chuck wagon Corn
Starch	Mashed Potatoes w/gravy	Wild Rice	Roasted Red Potatoes		Ranch Style Black Beans
Bread	Rolls(wheat/white)	Rolls(wheat/white)	Cornbread	Cornbread	Rolls(wheat/white)
<b>WEEK THREE 24-28 Oct</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Entrée	Cajun Fish	Spaghetti w/Meat Sauce	BBQ Chicken	Cajun Red Beans and Sausage	Fish & Chips
Entrée	Roasted Pork Loin with mango salsa	Chicken Parmesan	BBQ Ribs	Salmon Patty	Yakisoba
Vegetable	Smashed Red Potatoes	Roasted Squash	Baby Carrots	Maple Nut Carrots	Peas & Mushrooms
Vegetable	Okra & Tomatoes	Broccoli & Tomatoes	Corn, Tomatoes, Squash, & Okra Medley	Broccoli	Garlic Mashed Cauliflower
Starch	Red Beans & Rice	Pasta	Baked Beans	Mashed Potatoes w/gravy	Fried Potatoes & Onions
Starch	Grits & Greens Casserole	Italian Rst Red Potatoes	Macaroni & Cheese	Wild Rice	Lima Beans
Bread	Cornbread	Breadsticks	Rolls(wheat/white)	Rolls(wheat/white)	Rolls(wheat/white)
<b>Breakfast Served Daily</b>	Cold Cereal, Oatmeal, Grits, Breakfast Burritos, Breakfast Sandwiches, Fruit, Pastries, Eggs, Omelets, Bacon, Sausage, Biscuits, Toast, Hash Browns, Yogurt Parfait, Cottage Cheese, Milk (1%, Skim, Chocolate), 100% Fruit Juice, Coffee, Tea				

Menu subject to change without notice due to product availability and inventory. We care about our customers! If you have concerns, please let us know at 624-0514/9286.

Baked Chicken & Rice

Spicy Orange Chicken
Beef Stir Fry

Chicken Pot Pie

Jambalaya

Cuban Sandwich

Soups: Broccoli Cheese, Chicken Enchilada, Baked Potato Chowder Chicken Dumpling Chili Tomato Wisconsin Cheddar Vegetable Beef Barley Chicken Noodle

Sandwiches: Smoked Ham & Swiss

Salads: Steak Salad Buffalo Chicken Salad

Roasted Zucchini&Onions, Peas & Mushrooms Southern Green Beans Grilled Peppers & Onions Hacienda Corn & Black Beans Roasted Winter Veggies Sweet Potato Spring Garden Rice

Bratwurst Beef Stroganoff Herbed Chicken Lasagna