

The Hangar Menu

June 2023



Nutritional

Medicine

Flight

702.653.2906



**Optimizing
Health
Through
Nutrition**



			1 LUMBERJACK SOUP CHICKEN & SAUSAGE JAMBALAYA BAKED SAVORY CHICKEN VEGETABLE DUMPLINGS MASHED POTATOES QUINOA GLAZED BABY CARROTS BRUSSELS SPROUTS	2 CHICKEN GUMBO SOUP BBQ PORK CHOPS SEASONED COD VEGETARIAN CHILI BAKED BEANS SWEET POTATO WEDGES MIXED VEGETABLES ROASTED BROCCOLI
5 TOMATO FLORENTINE SOUP BREADED CHICKEN PARMESAN TURKEY MEAT SAUCE SUMMER FRESH MARINARA ROASTED RED POTATOES ROTINI CREAMED SPINACH MIXED VEGETABLES	6 CHICKEN TORTILLA SOUP SHRIMP TACOS GROUND BEEF TACOS BLACK BEAN & CORN QUINOA CILANTRO & LIME RICE PINTO BEANS ROASTED SQUASH & ZUCCHINI CORN	7 BUTTERNUT SQUASH SOUP ORANGE CHICKEN BLACKENED CATFISH CHICKEN POTSTICKERS CHICKPEA & CAULIFLOWER CURRY STEAMED RICE/FRIED RICE MIXED VEGETABLES GREEN BEANS MUSHROOMS & ONIONS	8 CLOSED Training Day	9 CHICKEN GUMBO SOUP BBQ PORK CHOPS SEASONED COD VEGETARIAN CHILI BAKED BEANS SWEET POTATO WEDGES MIXED VEGETABLES ROASTED BROCCOLI
12 TOMATO FLORENTINE SOUP BREADED CHICKEN PARMESAN TURKEY MEAT SAUCE SUMMER FRESH MARINARA ROASTED RED POTATOES ROTINI CREAMED SPINACH MIXED VEGETABLES	13 CHICKEN TORTILLA SOUP SHRIMP TACOS GROUND BEEF TACOS BLACK BEAN & CORN QUINOA CILANTRO & LIME RICE PINTO BEANS ROASTED SQUASH & ZUCCHINI CORN	14 BUTTERNUT SQUASH SOUP ORANGE CHICKEN BLACKENED CATFISH CHICKEN POTSTICKERS CHICKPEA & CAULIFLOWER CURRY STEAMED RICE/FRIED RICE MIXED VEGETABLES GREEN BEANS MUSHROOMS & ONIONS	15 LUMBERJACK SOUP CHICKEN & SAUSAGE JAMBALAYA BAKED SAVORY CHICKEN VEGETABLE DUMPLINGS MASHED POTATOES QUINOA GLAZED BABY CARROTS BRUSSELS SPROUTS	16 CHICKEN GUMBO SOUP BBQ PORK CHOPS SEASONED COD VEGETARIAN CHILI BAKED BEANS SWEET POTATO WEDGES MIXED VEGETABLES
19 CLOSED	20 CHICKEN TORTILLA SOUP GROUND BEEF TACOS CHICKEN FAJITAS BLACK BEAN & CORN QUINOA CILANTRO & LIME RICE PINTO BEANS ROASTED SQUASH & ZUCCHINI CORN	21 BUTTERNUT SQUASH SOUP ORANGE CHICKEN BLACKENED CATFISH CHICKEN POTSTICKERS CHICKPEA & CAULIFLOWER CURRY STEAMED RICE/FRIED RICE MIXED VEGETABLES GREEN BEANS MUSHROOMS & ONIONS	22 LUMBERJACK SOUP CHICKEN & SAUSAGE JAMBALAYA BAKED SAVORY CHICKEN VEGETABLE DUMPLINGS MASHED POTATOES QUINOA GLAZED BABY CARROTS BRUSSELS SPROUTS	23 CHICKEN GUMBO SOUP BBQ PORK CHOPS SEASONED COD VEGETARIAN CHILI BAKED BEANS SWEET POTATO WEDGES MIXED VEGETABLES
26 TOMATO FLORENTINE SOUP BREADED CHICKEN PARMESAN TURKEY MEAT SAUCE SUMMER FRESH MARINARA ROASTED RED POTATOES ROTINI CREAMED SPINACH MIXED VEGETABLES	27 CHICKEN TORTILLA SOUP GROUND BEEF TACOS CHICKEN FAJITAS BLACK BEAN & CORN QUINOA CILANTRO & LIME RICE PINTO BEANS ROASTED SQUASH & ZUCCHINI CORN	28 BUTTERNUT SQUASH SOUP ORANGE CHICKEN BLACKENED CATFISH CHICKEN POTSTICKERS CHICKPEA & CAULIFLOWER CURRY STEAMED RICE/FRIED RICE MIXED VEGETABLES GREEN BEANS MUSHROOMS & ONIONS	29 LUMBERJACK SOUP CHICKEN & SAUSAGE JAMBALAYA BAKED SAVORY CHICKEN VEGETABLE DUMPLINGS MASHED POTATOES QUINOA GLAZED BABY CARROTS BRUSSELS SPROUTS	30 CHICKEN GUMBO SOUP BBQ PORK CHOPS SEASONED COD VEGETARIAN CHILI BAKED BEANS SWEET POTATO WEDGES MIXED VEGETABLES ROASTED BROCCOLI