

The Hangar Menu

November 2023

		1 5 SPICE CHICKEN STEAMED RICE GREEN BEANS SOUP OF THE DAY	2 SEASONED PORK CHOP MASHED POTATOES CHICKEN GRAVY BABY CARROTS SOUP OF THE DAY	3 BEEF BURGER POTATO WEDGES 5- WAY MIXED VEGETABLES SOUP OF THE DAY
6 MEATBALLS MARINARA ROTINI ITALIAN VEGETABLES SOUP OF THE DAY	7 CHICKEN FAJITAS CILANTRO & LIME RICE STEAMED CORN SOUP OF THE DAY	8 5 SPICE CHICKEN STEAMED RICE GREEN BEANS SOUP OF THE DAY	9 SEASONED PORK CHOP MASHED POTATOES CHICKEN GRAVY BABY CARROTS SOUP OF THE DAY	10 BEEF BURGER POTATO WEDGES 5- WAY MIXED VEGETABLES SOUP OF THE DAY
13 MEATBALLS MARINARA ROTINI ITALIAN VEGETABLES SOUP OF THE DAY	14 CHICKEN FAJITAS CILANTRO & LIME RICE STEAMED CORN SOUP OF THE DAY	15 5 SPICE CHICKEN STEAMED RICE GREEN BEANS SOUP OF THE DAY	16 <u>THANKSGIVING THEME MEAL</u> ROASTED TURKEY APPLE STUFFED PORK LOIN VEGETARIAN SHEPHERD'S PIE MACARONI AND CHEESE YUKON MASHED POTATOES GREEN BEANS VEGETABLE MEDLEY	17 BEEF BURGER POTATO WEDGES 5- WAY MIXED VEGETABLES SOUP OF THE DAY
20 MEATBALLS MARINARA ROTINI ITALIAN VEGETABLES SOUP OF THE DAY	21 CHICKEN FAJITAS CILANTRO & LIME RICE STEAMED CORN SOUP OF THE DAY	22 5 SPICE CHICKEN STEAMED RICE GREEN BEANS SOUP OF THE DAY	23 CLOSED HOLIDAY	24 CLOSED FAMILY DAY
27 MEATBALLS MARINARA ROTINI ITALIAN VEGETABLES SOUP OF THE DAY	28 CHICKEN FAJITAS CILANTRO & LIME RICE STEAMED CORN SOUP OF THE DAY	29 5 SPICE CHICKEN STEAMED RICE GREEN BEANS SOUP OF THE DAY	30 SEASONED PORK CHOP MASHED POTATOES CHICKEN GRAVY BABY CARROTS SOUP OF THE DAY	

Nutritional
Medicine
Flight



Optimizing
Health
Through
Nutrition

