SEPTEMBER

CPO Club Lunch Menu Specials

For details call 243-5506 or visit *www.cfay.navy.mil/mwr*

Menu subject to change without notice

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Pork Ribs Sinigang Deep Fried Fish Yankee Pot Roast	2 A La Carte
3	4 Pork Ribs Adobo Fried Chicken Pork Chops with Apples	5 Chicken Tinola Beef and Broccoli Shrimp Fried Rice	6 Pork Menudo Seafood Croquette General Gau Chicken	7 Beef Caldereta Mexican Plate (Enchilada, Refried Beans and Mexican Rice)	8 Pork Ribs Sinigang Deep Fried Fish Thai Beef Stir-Fry	9 A La Carte
10	11 Pork Ribs Adobo Cajun Roast Beef Rosemary Chicken	12 Pork Torta Fish Veracruz Corned Beef and Cabbage	13 Chicken Apritada Salisbury Steak Tuna Casserole	14 Beef Asado Chicken Stir-Fry Sheperd's Pie	15 Pork Ribs Sinigang Deep Fried Fish Beef Curry	16 A La Carte
17	18 Pork Ribs Adobo Yankee Pot Roast Honey Mustard Chicken	19 Ginataang Manok Pepper Steak Katsu-don	20 Pork Asado Barbecued Ribs Southern Fried Chicken	21 Gisadong Munggo Pork and Vegetable Stir-Fry Stuffed Cabbage	22 Pork Ribs Sinigang Deep Fried Fish Sweet and Sour Chicken	23 A La Carte
24	25 Pork Ribs Adobo Coountry Fried Steak Teriyaki Chicken	26 Pansit and Lumpia Spaghetti with Meat Balls and Garlic Bread	27 Philippine-Style Sweet and Sour Pork Mochiko Chicken Ham Fried Rice	28 Beef Caldereta Sausage Marinara Pork Tonkatsu	29 Pork Ribs Sinigang Deep Fried Fish Chicken Curry	30 A La Carte