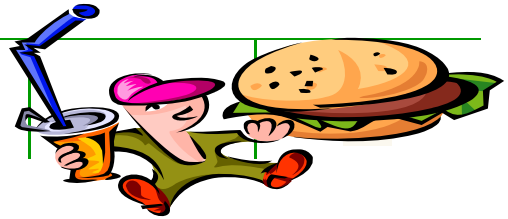
# May 2011

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| 1<br>C.S.T.C. REDS GAME !!!<br>1 NIGHT 12 KITCHENS !!! | 2<br>London Broil<br>Fried Ravioli<br>Gr. Bean Amandine<br>Parsley Potatoes | 3<br>Skillet Taco Casserole<br>Veggie Quesadilla<br>Spanish Rice<br>Fiesta Corn | 4<br>Roast Turkey<br>Garden Quiche<br>Cheddar Mashed Potatoes<br>Gr. Beans | 5<br>Rosemary Pork Loin<br>Veggie Frittata<br>Garlic Mashed<br>Candied Carrots | 6<br>Tuna Noodle Casserole<br>Mushroom Stroganoff<br>Saffron Rice Pilaf<br>Buttered Peas | 7 |
| 8 | 9<br>Country Fried Steak<br>Spinach Lasagna<br>Garlic Mashed Potatoes<br>Country Gr. Beans | 10<br>Turkey Tetrazzini<br>Blk.Bean Cake/wChutney<br>Fettuccini<br>Zucchini & Y. Squash | 11<br>Chicken Polynesian<br>Eggplant Napoleon<br>Rice Pilaf<br>Vegetable Medley | 12<br>Cajun Honey Roast Pork<br>Baked Ziti Ratatouille<br>Smashed Redskins<br>Sherried Onion | 13<br>Seafood Pita pizza<br>Veggie Pizza<br>Marinated B. Mushrooms<br>Steak Fries | 14 |
| 15 | 16<br>Spaghetti & Meatballs<br>Pesto Fett. w/Portabella<br>Buttered Peas<br>Fettuccini | 17<br>Chicken w Co-Co Curry<br>Broccoli Rice Casserole<br>Succulent Carrots<br>Saffron Rice | 18<br>Beef Sukiyaki<br>Veggie Lo-Mein<br>Stir-fry Veggies<br>Fried Rice | 19<br>Jerk Chicken w/Pineapple<br>Penne Ricotta w/Peppers<br>Sweet Yams<br>Fried Corn | 20<br>Seafood Quesadilla<br>Veggie Burrito Pie<br>Tomato Mole<br>Spanish Rice | 21 |
| 22 | 23<br>Beef Lasagna<br>Fried Eggplant<br>Roasted Veggies<br>Rice Pilaf | 24<br>Pork Roast Dijon<br>Mushroom Frittata<br>Buttered Redskins<br>Green Beans | 25<br>Beef Lo-Mein<br>Egg Foo Yung<br>Steamed Rice<br>Bochoy | 26<br>Sausage ,Peppers & Kraut<br>Vegetable Quiche<br>Potatoes Au Gratin<br>Succotash | 27<br>Baked lemon Cod<br>Spinach Omelet<br>Buttered Peas<br>Pasta Fromaggio | 28 |
| 29 | 30<br>MEMORIAL DAY<br>CLOSED | 31<br>Slow Roasted Beef<br>Vegetable Ragout<br>Broccoli / Cauliflower<br>Horseradish Mashed | | | | |

**Taste with a View**




**The Overlook**

The Overlook
Cincinnati State Technical & Community College
3520 Central Parkway
Cincinnati ,Ohio 45223

Phone: 513-569-1477
Fax:513-569-1881
E-mail: michael.carver@cincinnatistate.edu