Dilkon Medical Center
Cafeteria Lunch Menu – November 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 Steamed Corn Stew Fresh Tortilla or Fry Bread Or Grilled Cheese Fresh Fruit Mix Strawberry Shortcake	3 Crunchy Beef Tacos Spanish Rice Pinto Beans Bavarian Cream Churros	4 Buffalo Chicken Salad (cut up fried chicken strips, tossed to order, chopped romaine, grape tomato, diced red onion, diced cucumber, garlic croutons and shredded parmesan cheese) Fresh Pineapple Parfait	5 Beef & Broccoli Stir Fry White Rice Pork Pot Stickers Almond Sugar Cookie	6 Fish & Chips French Fries Coleslaw Hushpuppies Mixed Berry Sundae	7
Soups	Tomato Soup	Vegetable Beef	Loaded Potato Soup	Egg Drop Soup	Clam Chowder	
8	9 Chicken Caesar Salad (grilled chicken strips, salad mix, grape tomatoes, diced cucumbers, diced red onion, garlic croutons and shredded parmesan cheese) French Bread Baguette Peach Cobbler	10 Chicken Fried Steak Mashed Potatoes & Gravy Mixed Vegetables Dinner Roll Apple Pie	CAFETERIA CLOSED 11 HOLIDAY 	12 Club Sandwich French Fries Glazed Carrots Apple Crisp Ala Mode	13 Luncheon Steak Cut Green Beans Green Chile Mac & Cheese Dinner Roll Cherry Cheesecake	14
Soups	Beef Barley	Chicken Noodle Soup	Veterans Day	Chili Beans	Broccoli & Cheddar Soup	
15	16 Chicken Parmigiana Spinach & Tomatoes Fettuccini Noodles French Bread Baguette Strawberry Parfait	17 Birria Tacos Ramen Noodles (cilantro, diced onion, oregano, lime) Rice Crispy	18 Chicken Lo Mein (grilled chicken strips, linguini noodles, cabbage, matchstick carrots, white onion, broccoli) Spring Roll Carrot Cake	19 Turkey Mashed Potatoes & Gravy Yams, Cranberry Sauce Stuffing, Dinner Roll Green Bean Casserole Pumpkin Pie	20 Steak Caesar Salad (grilled steak strips, salad mix, grape tomatoes, diced cucumbers, diced red onion, garlic croutons and shredded parmesan cheese) French Bread Baguette Strawberry Cheesecake Parfait	21
Soups	Beef Stew	Red Chile Pork Posole	Green Chile Chicken Stew	Lamb Dumpling	Seafood Stew	
22	23 Bacon Avocado Burger French Fries Corn on the Cob Cherry Pie	24 Baked Chicken Wild Rice Squash and Zucchini Honey Glazed Cornbread Berry Cream Delight	25 Navajo Taco (fry bread, pinto beans, lettuce, tomato, cheese and onion) Or Grilled Cheese Broccoli Grape Salad Lemon Meringue Pie	CAFETERIA CLOSED 26 Holiday 	27 Fried Chicken Mashed Potatoes Kernel Corn Biscuit Chocolate Cake	28
Soups	Hamburger Noodle	Chili Beans	Tomato	Thanksgiving Day	Loaded Potato Soup	
29	30 Fried Chicken Sandwich (fried chicken, garnish, Carolina gold BBQ, BACON!) Steak fries Green Beans Cherry Crisp	**Monday-Friday Hours of Operation** Breakfast: 7:30 am – 9:00 am (MST) Lunch: 11:00 am – 1:30 pm (MST) Supper: 4:30 pm – 6:00 pm (MST) Grab n' Go Available: 7:30 am – 6:00 pm (MST) **CLOSED ON WEEKENDS** ***Menu is subject to change without notice.***				
Soups	Beef Barley					

Dilkon Medical Center
Cafeteria Breakfast Menu – November 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 **Waffles** or Breakfast Burrito Breakfast Bowl: (eggs, hash browns, breakfast meats etc.) Hot Cereal Fresh Fruits	3 Breakfast Burrito Breakfast Bowl: (eggs, hash browns, breakfast meats etc.) Hot Cereal Fresh Fruits	4 Breakfast Burrito Or **Biscuit & Gravy** (buttermilk biscuit, sausage, country gravy) Hot Cereal Fresh Fruits	5 Breakfast Burrito Breakfast Bowl: (eggs, hash browns, breakfast meats etc.) Hot Cereal Fresh Fruits	6 **Blueberry Pancakes** or Breakfast Burrito Breakfast Bowl: (eggs, hash browns, breakfast meats etc.) Hot Cereal Fresh Fruits	7
8	9 **Croissant Sandwich** or Breakfast Burrito Breakfast Bowl: (eggs, hash browns, breakfast meats etc.) Hot Cereal Fresh Fruits	10 Breakfast Burrito Breakfast Bowl: (eggs, hash browns, breakfast meats etc.) Hot Cereal Fresh Fruits	**CAFETERIA CLOSED** 11 Holiday	12 Breakfast Burrito Breakfast Bowl: (eggs, hash browns, breakfast meats etc.) Hot Cereal Fresh Fruits	13 **Denver Omelet** or Breakfast Burrito Breakfast Bowl: (eggs, hash browns, breakfast meats etc.) Hot Cereal Fresh Fruits	14
15	16 **Blue Corn Pancakes** or Breakfast Burrito Breakfast Bowl: (eggs, hash browns, breakfast meats etc.) Hot Cereal Fresh Fruits	17 Breakfast Burrito Breakfast Bowl: (eggs, hash browns, breakfast meats etc.) Hot Cereal Fresh Fruits	18 Breakfast Burrito Or **Biscuit & Gravy** (buttermilk biscuit, sausage, country gravy) Hot Cereal Fresh Fruits	19 Breakfast Burrito Breakfast Bowl: (eggs, hash browns, breakfast meats etc.) Hot Cereal Fresh Fruits	20 **Southwest Scramble** (w/Veggies and Jalapeno) or Breakfast Burrito Breakfast Bowl: (eggs, hash browns, breakfast meats etc.) Hot Cereal Fresh Fruits	21
22	23 **English Muffin Sandwich** or Breakfast Burrito Breakfast Bowl: (eggs, hash browns, breakfast meats etc.) Hot Cereal Fresh Fruits	24 Breakfast Burrito Breakfast Bowl: (eggs, hash browns, breakfast meats etc.) Hot Cereal Fresh Fruits	25 Breakfast Burrito Or **Biscuit & Gravy** (buttermilk biscuit, sausage, country gravy) Hot Cereal Fresh Fruits	**CAFETERIA CLOSED** 26 Holiday	27 **French Toast** or Breakfast Burrito Breakfast Bowl: (eggs, hash browns, breakfast meats etc.) Hot Cereal Fresh Fruits	28
29	30 **Buttermilk Pancakes** or Breakfast Burrito Breakfast Bowl: (eggs, hash browns, breakfast meats etc.) Hot Cereal Fresh Fruits	**Monday-Friday Hours of Operation** Breakfast: 7:30 am – 9:00 am (MST) Lunch: 11:00 am – 1:30 pm (MST) Supper: 4:30 pm – 6:00 pm (MST) Grab n' Go Available: 7:30 am – 6:00 pm (MST) **CLOSED ON WEEKENDS** ***Menu is subject to change without notice.***				