# Dilkon Medical Center
# Cafeteria Lunch Menu – September 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | | 1<br>Lamb Dumpling Stew<br>Fresh Tortilla or Fry Bread<br>Or Grilled Ham & Cheese<br>Fresh Fruit Mix<br>Strawberry Shortcake | 2<br>Beef & Cheddar<br>On Onion Roll<br>Seasoned Curly Fries<br>Ice Cream Sundae | 3<br>Adobo Chicken<br>Steamed Rice<br>Oriental Vegetables<br>Dinner Roll<br>Strawberry Delight | 4<br>Hamburger<br>(beef patty, lettuce, tomato, onion, pickles, bun or tortilla)<br>French Fries<br>Chocolate Cake | 5 |
| Soups | | Tomato | Chicken Dumpling | Pinto & Bacon | Corn Stew | |
| 6 | 7<br> | 8<br>2 Beef Tacos<br>Green Chile Hominy<br>Pinto Beans<br>Grandma's Tortilla<br>Churros | 9<br>Roast Turkey<br>Mashed Potatoes<br>Turkey Gravy<br>Mixed Vegetables<br>Dinner Roll<br>Pumpkin Pie | 10<br>Pit Ham<br>Butternut Squash<br>Green Beans<br>Dinner Roll<br>Apple Pie | 11<br>Fish & Chicken Basket<br>Battered Fried Pickles<br>Seasoned Potatoes<br>Coleslaw<br>Hush Puppies<br>Lemon Delight | 12 |
| Soups | | Chicken Spanish Rice | Hamburger | Cream of Broccoli | Clam Chowder | |
| 13 | 14<br>Meatloaf<br>Pan Gravy<br>Baked Potato<br>Squash Blend<br>Dinner Roll<br>Cherry Pie | 15<br>Chicken Enchiladas<br>Spanish Rice<br>Refried Beans<br>Grandma's Tortilla<br>Peaches & Cream | 16<br>Italian Meatball Sandwich<br>(french roll, beef meatballs, mozzarella, marinara sauce)<br>Baked Lays Chips<br>Ambrosia Salad | 17<br>Grilled Salmon<br>w/Lemon Butter Sauce<br>Rice Pilaf<br>Broccoli & Carrots<br>Garlic Toast<br>Lemon Cake | 18<br>Sheepherder Sandwich<br>(tortilla, shredded beef, potatoes, peppers, onions, mild hatch green chile)<br>Green Bean & Beet Salad<br>White Cake w/Coconut Frosting | 19 |
| Soups | Red Chile Chicken Posole | Hamburger Soup | Loaded Potato | Chili Beans | Corn, Squash, Bean | |
| 20 | 21<br>Carne Adovada<br>(pork, red chile, onion, garlic)<br>Elote<br>Black Beans<br>Grandma's Tortilla<br>Bread Pudding | 22<br>BLT Sandwich<br>(french roll, bacon, lettuce, tomato, mayo)<br>Pasta Salad<br>Banana Split | 23<br>Navajo Taco<br>(fry bread, pinto beans, lettuce, tomato, cheese, onion)<br>Fresh Melon Salad<br>Upside Down Pineapple Cake | 24<br>Orange Chicken<br>w/peppers, onions, pineapple<br>Fried Rice<br>Dinner Roll<br>Almond Cookie | 25<br>Hamburger<br>(beef patty, lettuce, tomato, onion, pickles, bun or tortilla)<br>French Fries<br>Vanilla Ice Cream Sandwich | 26 |
| Soups | Green Chile Beef Stew | Beef Barley | Tomato | Egg Drop | Chicken & Curly Noodle | |
| 27 | 28<br>Sloppy Joe<br>On Burger Bun<br>Tater Tots<br>Cole Slaw<br>Rice Crispy w/M&M's | 29<br>BBQ Pork Ribs<br>Mac & Cheese<br>Green Beans<br>Dinner Roll<br>Cherry Pie | 30<br>Chopped Steak<br>w/Button Mushrooms<br>Mashed Potatoes<br>w/Rich Gravy<br>Peas & Carrots<br>Dinner Roll<br>Orange Delight | | | |
| Soups | Red Chile Pork Posole | Split Pea | Cream of Vegetable | | | |

**Monday-Friday Hours of Operation**
Breakfast: 7:30 am – 9:00 am (MST)
Lunch: 11:00 am – 1:30 pm (MST)
Grab n' Go Available: 7:30 am – 2:00 pm
**CLOSED ON WEEKENDS**

***Menu is subject to change without notice.***

# Dilkon Medical Center
# Cafeteria Breakfast Menu – September 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | | 1<br>Breakfast Burrito<br>Breakfast Bowl: (eggs, hash browns, breakfast meats etc.)<br>Hot Cereal<br>Fresh Fruits | 2<br>Breakfast Burrito<br>Or<br>Biscuit & Gravy<br>(buttermilk biscuit, sausage, country gravy)<br>Hot Cereal<br>Fresh Fruits | 3<br>Breakfast Burrito<br>Breakfast Bowl: (eggs, hash browns, breakfast meats etc.)<br>Hot Cereal<br>Fresh Fruits | 4<br>Blue Corn Pancake<br>or<br>Breakfast Burrito<br>Breakfast Bowl: (eggs, hash browns, breakfast meats etc.)<br>Hot Cereal<br>Fresh Fruits | 5 |
| 6 | 7<br> | 8<br>Breakfast Burrito<br>Breakfast Bowl: (eggs, hash browns, breakfast meats etc.)<br>Hot Cereal<br>Fresh Fruits | 9<br>Breakfast Burrito<br>Or<br>Biscuit & Gravy<br>(buttermilk biscuit, sausage, country gravy)<br>Hot Cereal<br>Fresh Fruits | 10<br>Breakfast Burrito<br>Breakfast Bowl: (eggs, hash browns, breakfast meats etc.)<br>Hot Cereal<br>Fresh Fruits | 11<br>Egg Omelet<br>or<br>Breakfast Burrito<br>Breakfast Bowl: (eggs, hash browns, breakfast meats etc.)<br>Hot Cereal<br>Fresh Fruits | 12 |
| 13 | 14<br>Waffles<br>or<br>Breakfast Burrito<br>Breakfast Bowl: (eggs, hash browns, breakfast meats etc.)<br>Hot Cereal<br>Fresh Fruits | 15<br>Breakfast Burrito<br>Breakfast Bowl: (eggs, hash browns, breakfast meats etc.)<br>Hot Cereal<br>Fresh Fruits | 16<br>Breakfast Burrito<br>Or<br>Biscuit & Gravy<br>(buttermilk biscuit, sausage, country gravy)<br>Hot Cereal<br>Fresh Fruits | 17<br>Breakfast Burrito<br>Breakfast Bowl: (eggs, hash browns, breakfast meats etc.)<br>Hot Cereal<br>Fresh Fruits | 18<br>French Toast<br>or<br>Breakfast Burrito<br>Breakfast Bowl: (eggs, hash browns, breakfast meats etc.)<br>Hot Cereal<br>Fresh Fruits | 19 |
| 20 | 21<br>English Muffin & Egg Sandwich<br>or<br>Breakfast Burrito<br>Breakfast Bowl: (eggs, hash browns, breakfast meats etc.)<br>Hot Cereal<br>Fresh Fruits | 22<br>Breakfast Burrito<br>Breakfast Bowl: (eggs, hash browns, breakfast meats etc.)<br>Hot Cereal<br>Fresh Fruits | 23<br>Breakfast Burrito<br>Or<br>Biscuit & Gravy<br>(buttermilk biscuit, sausage, country gravy)<br>Hot Cereal<br>Fresh Fruits | 24<br>Breakfast Burrito<br>Breakfast Bowl: (eggs, hash browns, breakfast meats etc.)<br>Hot Cereal<br>Fresh Fruits | 25<br>Huevos Rancheros<br>or<br>Breakfast Burrito<br>Breakfast Bowl: (eggs, hash browns, breakfast meats etc.)<br>Hot Cereal<br>Fresh Fruits | 26 |
| 27 | 28<br>Ham & Cheese Croissant<br>or<br>Breakfast Burrito<br>Breakfast Bowl: (eggs, hash browns, breakfast meats etc.)<br>Hot Cereal<br>Fresh Fruits | 29<br>Breakfast Burrito<br>Breakfast Bowl: (eggs, hash browns, breakfast meats etc.)<br>Hot Cereal<br>Fresh Fruits | 30<br>Breakfast Burrito<br>Or<br>Biscuit & Gravy<br>(buttermilk biscuit, sausage, country gravy)<br>Hot Cereal<br>Fresh Fruits | | | |

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