## June 2018 Lunch and Dinner Menu
### Rast Dining Room Hours: Lunch - 11:00AM-2:00PM  
**Dinner** - 5:00PM-7:00PM ~ Take Out Orders Call 205-347-0028

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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| **DID YOU KNOW?**  
About 70 percent of the world's saffron comes from Spain.  
**DID YOU KNOW?**  
The first federal fish hatchery was established in Bucksport, Maine, in 1872 for the propagation of Atlantic salmon.  
**DID YOU KNOW?**  
Lobsters begin life as eggs no bigger than the head of a pin.  
**DID YOU KNOW?**  
According to the United Nations, tomatoes are one of the world's 10 most consumed fruits.  
**DID YOU KNOW?**  
| 1 BLT Salad  
Flounder Florentine Greek Style Rib Eye  
Patty Melt  
Potato Lyonnaise  
Orange Buttered Carrots  
Brussel Sprouts and Bacon  | 2 SATURDAY LUNCH OMELET BUFFET AND ALWAYS MENU  
| 3 CAPSTONE VILLAGE **Sunday Lunch Buffet**  
4 Pineapple Chicken Salad  
Chicken Marsala  
Orange Roughy Greek Style  
Turkey Wrap  
Yukon Gold Mashed Potatoes  
Grilled Vegetable Medley  
Broccoli with Cheese  | 3 Pineapple Chicken Salad  
Chicken Marsala  
Orange Roughy Greek Style  
Turkey Wrap  
Yukon Gold Mashed Potatoes  
Grilled Vegetable Medley  
Broccoli with Cheese  | 7 Asian American  
Shrimp Lo Mein Salad  
Broccoli & Broccoli  
Mongolian Beef  
Basmati Rice  
Asian Vegetable Blend  
Sprout Rolls  | 8 Curry Chicken Salad  
Prime Rib  
Grilled Snapper with Lemon butter  
Turkey Wrap  
Twice Baked Potatoes  
Fried Green Tomatoes  
Southern Style Green Beans  | 9 Curry Chicken Salad  
Prime Rib  
Grilled Snapper with Lemon butter  
Turkey Wrap  
Twice Baked Potatoes  
Fried Green Tomatoes  | 10 SATURDAY LUNCH OMELET BUFFET AND ALWAYS MENU  
| 11 CAPSTONE VILLAGE **Sunday Lunch Buffet**  
12 Sun Dried Cranberry  
Almond Salad  
Asian Pork Chops  
Stuffed Flounder  
Patty Melt served with Fries  
Scalloped Potatoes  
Fresh Baby Carrots  
Green Peas with Mushrooms  | 13 Sun Dried Cranberry  
Almond Salad  
Asian Pork Chops  
Stuffed Flounder  
Patty Melt served with Fries  
Scalloped Potatoes  
Fresh Baby Carrots  
Green Peas with Mushrooms  | 14 Southern Theme  
Tomatoes, Onion, Cucumber  
Salad  
Chicken Fried Steak  
Pork and Beans  
Collard Greens  
Battered Rutabaga  
Bread Pudding  | 15 Tuna Salad in Tomato Cup  
Vegetable Frittata  
Hawaiian Lime Mahi  
Patty Melt served with Fries  
Potatoes Lyonnaise  
Fried Zucchini  
Cream Corn  | 16 Tuna Salad in Tomato Cup  
Vegetable Frittata  
Hawaiian Lime Mahi  
Patty Melt served with Fries  
Potatoes Lyonnaise  
Fried Zucchini  
Cream Corn  | 17 SATURDAY LUNCH OMELET BUFFET AND ALWAYS MENU  
| 18 CAPSTONE VILLAGE **Sunday Lunch Buffet**  
19 Cottage Cheese and Peach  
Margarita Beef  
Creamed Chicken and Biscuits  
1/2 Club Sandwich  
Croquette Potatoes  
White Cabbage  
Fresh Asparagus  | 20 Cottage Cheese and Peach  
Margarita Beef  
Creamed Chicken and Biscuits  
1/2 Club Sandwich  
Croquette Potatoes  
White Cabbage  
Fresh Asparagus  | 21 Asian American  
Asian Slaw  
Korean-Style Pork  
Thai Chicken  
Stir Fried Rice  
Asian Vegetable Blend  
Sprout Rolls  | 22 Granny Smith Apple Salad  
Scallop Shrimp Linguini  
Chicken Piccata  
1/2 Club Sandwich  
Roasted Red Bliss Potatoes  
Herb Zucchini  
Sautéed Button Mushrooms  | 23 Granny Smith Apple Salad  
Scallop Shrimp Linguini  
Chicken Piccata  
1/2 Club Sandwich  
Roasted Red Bliss Potatoes  
Herb Zucchini  
Sautéed Button Mushrooms  | 24 SATURDAY LUNCH OMELET BUFFET AND ALWAYS MENU  
| 25 CAPSTONE VILLAGE **Sunday Lunch Buffet**  
26 Cashew Chicken Salad  
Black Bean Cakes  
Chicken With Pesto Botwie  
Pasta  
French Dip  
Cheddar Cheese Mashed  
Potatoes  
Cut Corn with Pimentos  
Sugar Snap Peas  | 27 Cashew Chicken Salad  
Black Bean Cakes  
Chicken With Pesto Botwie  
Pasta  
French Dip  
Cheddar Cheese Mashed  
Potatoes  
Cut Corn with Pimentos  
Sugar Snap Peas  | 28 Southern Theme  
Chunky Chicken Salad  
Fried Catfish  
Baked Ham with Pineapple  
Fried Corn  
Cabbage Greens  
Breaded Okra  
Warm Pecan Pie Ala Mode  | 29 Waldorf Salad  
Beef Short Ribs  
Italian Sausage and Peppers  
with Angel Hair Pasta  
French Dip  
Brown Rice  
Tomato Parmesan  
Sautéed Zucchini with Green Onions  | 30 Waldorf Salad  
Beef Short Ribs  
Italian Sausage and Peppers  
with Angel Hair Pasta  
French Dip  
Brown Rice  
Tomato Parmesan  
Sautéed Zucchini with Green Onions  | 31 SATURDAY LUNCH OMELET BUFFET AND ALWAYS MENU  
| 32  | 33  | 34  | 35  | 36  | 37  | 38  |