



MAGNOLIA PLACE DINING FACILITY

## On the Menu



### Today

**Lunch** - enchiladas, beef pot pie, roast turkey, spanish rice, oven-brown potatoes, fried okra, mexican corn, peas with mushroom

**Dinner** - tuna and noodles, roast beef, rice, lyonnaise potatoes, brussels sprout, lima beans, carrots

### Saturday

**Lunch** - yakisoba, fried chicken, polish sausage, macaroni and cheese, mashed potatoes, green beans, peas and carrots, cauliflower

**Dinner** - spicy baked fish, chili macaroni, rissole potatoes, rice, calico corn, broccoli, okra

### Sunday

**Lunch** - spaghetti, parmesan chicken, pork chop suety, rice, potato wedges, carrots, chinese cabbage, french-style green bean,

**Dinner** - fried fish, meatball stroganoff, mashed potatoes, egg noodles, wax beans, collards greens, peas and carrots

### Monday

**Dinner** - turkey and noodles, pot roast, cheese manicotti, egg noodles, baked potatoes, cauliflower, spinach, savory baked beans

**Dinner** - italian sausage, herbed-baked chicken, rice, baked potatoes halves, lima beans, corn on the cob, beets

### Tuesday

**Lunch** - chicken enchiladas, beef fajitas, tacos, mexican rice, mashed potatoes, lyonnaise carrots, mexican corn, peas with mushroom

**Dinner** - pepper steak, chicken cacciatore, rice, potato wedges, fried cabbage, bean combo, cauliflower

### Wednesday

**Lunch** - pork stir fry, chicken adobo, meatloaf, rice, rissole potatoes, broccoli, peas and carrots, squash

**Dinner** - hamsteak with bone, baked chicken, oven-browned potatoes, mashed potatoes, fried okra, beets, cauliflower au gratin

### Thursday

**Lunch** - beef stew, parmesan fish, roast veal, jefferson noodles, franconia potatoes, corn on the cob, mustard greens, mixed vegetable

**Dinner** - stuffed green peppers, pineapple chicken, mashed potatoes, potato wedges, carrots, black-eyed peas, spinach **(Menu subject to change without notice)**

# Volunteer Spotlight

Teresa Wheat

437<sup>th</sup> Medical Group Pharmacy

Teresa Wheat is a volunteer at the pharmacy in the base clinic, helping staff members and customers. She's been volunteering there since October 1999.

Wheat had volunteered several years ago in the pharmacy, records section and family practice section while her husband was assigned to Charleston AFB for four years.

She first began volunteering ten years ago and volunteers five to eight hours per week at the pharmacy.

"I enjoy it," she said. "I'm a people person. If I didn't have to work for money, I would do this full time."

Wheat is originally from Scottsburg, Indiana. In her spare time, she enjoys going to the gym, walking and swimming. Her favorite things about Charleston are the beaches and its rich history, she said.

She recommends volunteering to everyone.

"If anybody has free time and they are a people person, try volunteering," she suggested. "It's very rewarding. It has been for me"



Staff Sgt. Michael Duhe