



**Weekly Menus: January 18-24**  
**IHCC Dining Hall – Ottumwa Campus**

**Monday, January 18**

**Lunch**

BBQ Ribs, Mashed Potatoes/Brown Gravy, Veggie/Roll  
Sandwich Station

**Dinner**

Cheese Manicotti w/ Marinara, Steamed Broccoli,  
Breadsticks  
Pizza

**Tuesday, January 19**

**Lunch**

Flank Steak, Red Rosemary Potatoes, Green Bean  
Casserole/Roll  
Beef and Chicken Fajita Station

**Dinner**

3 Cheese Chicken Breasts, Scalloped Potatoes, Veggie  
Roll/Butter

**Wednesday, January 20**

**Lunch**

Pork Loin, Potato Wedges, Veggie/Roll  
Pizza

**Dinner**

Tater Tot Casserole, Veggie, Roll/Butter  
Sandwich Station

**Thursday, January 21**

**Lunch**

Chinese Meal/Rice, Egg Rolls/Rangoons  
Roast Beef on Carving Station  
Nacho Bar

**Dinner**

Macaroni & Cheese with/ Diced Ham, Veggies, Roll/Butter

**Friday, January 22**

**Lunch**

Fried Cod, Catfight, Shrimp, French Fries, Hush Puppies, Veggie/Roll

**Dinner**

Chicken Wings, Potato Wedges, Veggie/Roll

**Saturday, January 23**

**Lunch**

Brats & Curley Fries

**Dinner**

Pizza Burger, Tri Tators/Veggie

**Sunday, January 24**

**Lunch**

Cheese Omelets, Breakfast Cubed Potatoes, Bacon/Sausage/Yogurt  
Donut/Bagel/Cream Cheese/Fruit

**Dinner**

Cheese Burgers, Onion Rings, Veggie

## Warrior Junction

### Monday, January 18

Tomato Basil Soup, Grilled Ham & Cheese,  
Chicken & Noodles, French Fries

### Tuesday, January 19

Chicken Alfredo, Carrots, Side Salad, Bread Stick

### Wednesday, January 20

Pizza, Chicken Sandwich, Waffle Fries

### Thursday, January 21

Orange Chicken, Rice/Lo Mein, Egg Rolls, Crab Rangoon