

America's Army: The Strength of the Nation  
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**235 Years Strong**  
**1775-2010**

**235<sup>th</sup> US Army Birthday Menu**

**June 14, 2010**



*The United States Army has been essential to the protection, growth and development of our nation and of our people since June 14, 1775. On this 235<sup>th</sup> Birthday, we recognize that America's Army has been, and continues to be, the Strength of the Nation.*

**APPETIZERS and BREADS**

Lentil Vegetable Soup      Whipped Avocado Dip  
Cheese Sampler              Tortilla Chips  
Assorted Raw Fresh Veggies w/ Dips  
Select Spreads and Choice of Whole Grain Breads

**June 14<sup>th</sup>, 2010**



**SIDES**

Corn on the Cob              Seared Paprika Potatoes  
Stir Fry Vegetables          Red Beans with Rice  
Herbed Steamed Broccoli    Whipped Sweet Potato  
Oven Crisp Onion Rings & French Fries  
Fruit Medley Salad          Tri-color Pasta Salad  
Spring Vegetables Salad      Cucumber and Onion Salad  
Salad Bar with Assorted Regular & Low Fat Dressings



**ENTRÉES**

Grilled Steak w/ Peppers, Mushrooms & Onions  
Herbed Roasted Chicken  
Barbecued Pork Spareribs  
Spicy Fish Fillets  
Cheese Pita Pizza with Mushroom, Onion, and Green Pepper  
Choice of Garden Stacked Turkey or Beef Burger  
Grilled Polish Sausage on Sub Roll  
Your Choice Deli Bar – ham, beef, chicken, turkey, tuna w/ assorted veggies, whole grain breads and wraps

**SWEET ENDINGS**

Decorated ARMY 235<sup>th</sup> Birthday Cake  
Fresh Baked Butterscotch Brownies  
Sliced Melon with Raspberry Sherbet  
Strawberry–Rhubarb Crisp  
Strawberries and Vanilla Pudding Parfaits  
Watermelon Wedges

# Whipped Avocado Dip

100 (2 ounce) servings:

- 10 pounds fresh, ripe avocado
- 8 oz fresh, minced scallions or grated shallots
- 1 gallon low fat sour cream
- 8 ounces minced fresh cilantro
- 2/3 cup Lemon Juice
- 1 T Salt
- 1 tsp Pepper

Preparation:

Peel fresh rip avocados, cut into chunks, mash.

Add minced scallions/ grated shallots. Stir to distribute.

Beat in sour cream, add cilantro, lemon juice, salt and pepper.

Whip mixture to mousse like texture.

Refrigerate for at least 4 hours to allow flavors to combine.

Serve chilled along with tortilla chips.

# Strawberry Rhubarb Crisp

3 pans 12 X 18 x 2 ½ “

32 portions per pan

## *Fruit mixture Ingredients*

7 pounds fresh red ripe **Strawberries** – washed, capped, trimmed, and sliced  
7 pounds fresh ripe **Rhubarb stems** – washed, trimmed, chopped ½ inch cube  
2 ½ pounds granulated **sugar**

- ½ pound **flour**  
1 Tablespoon ground **cinnamon**  
1 teaspoon ground **nutmeg**  
1 teaspoon **salt**  
3 ½ cups cool **water**  
¾ cup **lemon juice**

## *Topping Ingredients:*

2 pounds **brown sugar**  
1 ½ pounds **rolled oats**  
1 ½ pounds **flour**  
1 ½ teaspoon **baking soda**  
1 ½ teaspoon **baking powder**  
1 ½ teaspoon **salt**  
2 pounds **butter**

**Pan spray**

## Fruit mix Preparation :

Remove rhubarb leaves; wash, trim and chop/slice rhubarb stems and strawberries.

Blend salt, cinnamon, nutmeg into granulated sugar; stir in ½ pound flour.

Add sugar-flour mixture to fruit; stir to uniformly coat the fruit pieces.

Combine water and lemon juice; add the liquid to fruit mix and stir thoroughly.

Spray pans. Divide mixture into 3 pans – evenly spread approximately 6½ pounds of fruit mixture into each pan.

## Topping Preparation :

Combine topping dry ingredients in mixer with flat beater at low speed . Blend approximately 2 minutes.

Add butter and mix just till crumbly, approximately 1 minute with frequent scrape of the sides.

Distribute/sprinkle 2 ¼ pound topping evenly over each pan of fruit mixture.

Bake at 375 degree F for 35 minutes or until the crumb topping is lightly browned and mixture is bubbly.

Serving Size: ¾ cup