

FLETC GALLEY

LOW COUNTRY KITCHEN 07.27.24--08.02.24

BREAKFAST MENU

DAILY OPTIONS

FARM FRESH EGGS, SAUSAGE PATTIES, SAUSAGE LINKS, CORNED BEEF HASH, HAM, BACON, FRIED POTATOES, GRITS, OATMEAL, FRESH FRUIT

SATURDAY-FRIDAY OPTIONS

SATURDAY- FRENCH TOAST STICKS, SUNDAY- WAFFLES
MONDAY- BLUEBERRY PANCAKES, TUESDAY-FRENCH TOAST, WEDNESDAY- WAFFLES, THURSDAY- BANANA PANCAKES, FRIDAY-WAFFLES

LUNCH MENU

MEATBALL SUBS, CHICKEN TENDERS ... SATURDAY

* Farfalle Pasta, Marinara Sauce (GF) Alfredo Sauce, Fried Potato Wedges, Steamed Broccoli (GF) Glazed Carrots *

BEEF STEW, HONEY BBQ CHICKEN ... SUNDAY

* White Rice (GF) Garlic Roasted White Potatoes (GF) Sweet Peas (GF) Roasted Squash & Onions (GF) *

SHRIMP ÉTOUFFÉE, PINEAPPLE GLAZED PORK CHOPS ... MONDAY

* Steamed White Rice, Creamy Parmesan Polenta (GF), Lemon Glazed Roasted Asparagus (GF) *

MEXICAN GROUND BEEF (GF), CHIPOTLE RANCH CHICKEN (GF), BAJA SHRIMP (GF) ... TUESDAY

* Warm Flour Tortillas, fried Nacho Chips, Queso Cheese, Mexican Rice (GF) Refried Beans (GF), Mexican Vegetables (GF), Mexican Street Corn (GF) *

FRIED CHICKEN, HERB BAKED CHICKEN (GF) BBQ BRISKET ... WEDNESDAY

* Mashed Garlic Potatoes (GF), Steamed White Rice (GF) Brown Gravy, Southern Style Cabbage with Ham & Bacon (GF), Steamed Green Beans (GF) *

SWEET & SOUR MEATBALLS, GRILLED TERIYAKI CHICKEN ... THURSDAY

* Fried Rice, Jasmine Rice (GF), Stir-Fried Udon Noodles, Steamed Broccoli (GF) Steamed Cauliflower (GF) *

SMOKED BBQ PULLED PORK, FRIED FISH ... FRIDAY

* Red Rice w/ Pork Sausage (GF), Mac & Cheese, BBQ Baked Beans, Collard Greens w/ Smoked Turkey (GF), Fried Hush puppies, Cole Slaw (GF) *

SOUP MENU

* MONDAY--MANHATTAN CLAM CHOWDER TUESDAY--CHICKEN TORTILLA SOUP WEDNESDAY--HOME STYLE CHILI THURSDAY-- VEGETABLE SOUP FRIDAY-- LOADED POTATO SOUP *

DAILY LOW-CALORIE MENU

(MONDAY-FRIDAY) Daily Chef Selected Seafood Item~ Roasted Chicken~ Vegetarian Entrée~ Steamed Brown Rice ~ Quinoa & Cous Cous~ Chef Selected Vegetables ~ (ALL ITEMS WILL BE SALT AND BUTTER/MARGARINE FREE) Flavored w/ Olive Oil & Chef Selected Herbs and Spices VEGETABLES MAY BE SUBJECT TO CHANGE BASED ON AVAILABILITY

DINNER MENU

CHICKEN PARMESAN, STUFFED CHEESE MANICOTTI ... SATURDAY

* Pasta, Alfredo, Marinara Sauce (GF), Mozzarella Bread-sticks, Roasted Vegetables (GF), Fried Corn Nuggets *

ROASTED TURKEY (GF) COUNTRY FRIED STEAK ... SUNDAY

* Mashed Potatoes (GF), Cornbread Stuffing (GF), Turkey Gravy (GF), Country Style Green Beans (GF) Roasted Butternut Squash (GF) *

GROUND BEEF MEAT SAUCE, ITALIAN CHICKEN BREASTS ... MONDAY

* Pasta, Alfredo Sauce, Marinara Sauce (GF) Toasted Garlic Bread, Honey Glazed Carrots (GF), Sautéed Capri Blend *

CRISPY ORANGE SHRIMP, BEEF & BROCCOLI ... TUESDAY

* Vegetable Fried Rice, Steamed White Rice (GF), Fried Eggs Rolls, Stir-Fried Vegetables, Bok Choy (GF) *

CREOLE GARLIC PORK LOIN (GF), SEAFOOD JAMBALYA ... WEDNESDAY

* Oven Roasted Potatoes with Onion (GF) Jasmine Rice (GF), Fried Okra, Skillet Corn (GF) *

GRILLED RIBEYE (GF), FRIED CLAM STRIPS W/ REMOULADE SAUCE ... THURSDAY

* Baked Potatoes (GF), Sweet Potatoes (GF), Rice Pilaf, Sautéed Mushrooms, Oven Roasted Cauliflower (GF) *

ROSEMARY ROASTED ITALIAN CHICKEN (GF), SLOPPY JOE SANDWICHES ... FRIDAY

* Yellow Rice (GF), Roasted Seasoned Potato Wedges (GF), Fried Zucchini, Buttered Corn (GF) *

DESSERT MENU

BANANA PUDDING, CHOCOLATE COOKIE CRUMB PARFAIT, PEACH COBBLER, CHERRY COBBLER, CREAM CHEESE CHURROS BITES, APPLE PIE, APPLE CRANBERRY BREAD PUDDING, APPLE TURNOVER

SPECIALTY BAR

THURSDAY

Potato Bar

HOURS OF OPERATION WEEKDAY HOURS BREAKFAST 6:30 am-7:45 am LUNCH 11 am-1 pm DINNER 4:15 pm-7 pm WEEKEND HOURS BREAKFAST 8 am-9:15 am LUNCH 11:30 am-1 pm DINNER 5:30 pm-7 pm

FLETC GALLEY

LOW COUNTRY KITCHEN 08.03.24--08.09.24

BREAKFAST MENU

DAILY OPTIONS

FARM FRESH EGGS, SAUSAGE PATTIES, SAUSAGE LINKS, CORNED BEEF HASH, HAM, BACON, FRIED POTATOES, GRITS, OATMEAL, FRESH FRUIT

SATURDAY-FRIDAY OPTIONS

SATURDAY- FRENCH TOAST STICKS, SUNDAY- WAFFLES
MONDAY- BLUEBERRY PANCAKES, TUESDAY-FRENCH TOAST, WEDNESDAY- WAFFLES, THURSDAY- BANANA PANCAKES, FRIDAY-WAFFLES

LUNCH MENU

ROAST BEEF & CHEDDAR SANDWICHES, POPCORN CHICKEN ... SATURDAY

* Pasta, Marinara Sauce (GF) Alfredo Sauce, Seasoned Fries, Sautéed Zucchini and Squash (GF), Steamed Carrots (GF) *

CREAMY TUSCAN CHICKEN (GF), ITALIAN SAUSAGE SANDWICHES ... SUNDAY

* Pasta, Marinara Sauce (GF), Creamy Pesto Sauce, Herbed Garlic Butter Rice (GF), Roasted Parmesan Asparagus (GF), Steamed Squash *

COCONUT CURRY CHICKEN, THAI GARLIC SHRIMP ... MONDAY

* Steamed Basmati Rice (GF) Roasted Herb Potatoes (GF), Vegetable Medley (GF), Roasted Brussels Sprouts (GF) *

MEXICAN GROUND BEEF (GF), MEXICAN CHICKEN (GF), FISH CARNITAS (GF) ... TUESDAY

* Tortillas, Fried Nacho Chips, Nacho Cheese, Fiesta Rice (GF), Pinto Beans (GF), Roasted Corn with Poblanos & Black Beans (GF), Mexican Eggplant *

FRIED CHICKEN, HERB BAKED CHICKEN (GF) SALISBURY STEAK WITH BROWN GRAVY & CARAMELIZED ONIONS ... WEDNESDAY

* Mashed Garlic Potatoes (GF), Steamed White Rice (GF), Chicken Gravy, Speckled Butter Beans (GF), Sautéed Okra and Tomatoes (GF) *

GRILLED BBQ CHICKEN, MESQUITE SMOKED RIBS (GF) ... THURSDAY

* Yellow Rice (GF), Baked Beans (GF), Corn on the Cob (GF), Stewed Tomatoes (GF) *

SMOKED BBQ PULLED PORK, FRIED FISH ... FRIDAY

* Red Rice w/ Pork Sausage (GF), Mac & Cheese, Corn Casserole, Collard Greens w/ Smoked Turkey (GF), Fried Hush puppies, Cole-Slaw (GF) *

SOUP MENU

* MONDAY--Broccoli & Cheese TUESDAY-- CHICKEN TORTILLA SOUP WEDNESDAY--HOME STYLE CHILI THURSDAY-- Boston Clam Chowder FRIDAY-- LOADED POTATO SOUP *

DAILY LOW-CALORIE MENU

(MONDAY-FRIDAY) Daily Chef Selected Seafood Item~ Roasted Chicken~ Vegetarian Entrée~ Steamed Brown Rice ~ Quinoa & Cous Cous~ Chef Selected Vegetables ~ (ALL ITEMS WILL BE SALT AND BUTTER/MARGARINE FREE) Flavored w/ Olive Oil & Chef Selected Herbs and Spices VEGETABLES MAY BE SUBJECT TO CHANGE BASED ON AVAILABILITY

DINNER MENU

BEEF & CILANTRO EMPANADAS, GREEN CHILI CHICKEN TAQUITOS ... SATURDAY

* Cilantro Lime Rice, Black Beans (GF), Roasted Eggplant & Tomato (GF), Baked Smoked Paprika Cauliflower (GF) *

STUFFED GREEN PEPPERS, HERBED TURKEY CUTLETS (GF) ... SUNDAY

* Mashed Potatoes (GF), Rice Pilaf (GF), Succotash (GF), Sautéed Green Beans & Onions (GF) Butternut Squash *

BEEF STROGANOFF WITH MUSHROOMS, BAKED FLOUNDER (GF) ... MONDAY

* Buttered Egg Noodles, Au- Gratin Potatoes, Steamed Cabbage (GF), Honey Ginger Glazed Carrots (GF) *

SESAME SHRIMP, BRAISED PORK IN SWEET SOY SAUCE ... TUESDAY

* Ginger Rice (GF), Vegetable Lo Mein, Fried Vegetable Spring Rolls, Sautéed Bok Choy (GF), Stir Fried Vegetables *

CHICKEN BROCCOLI & CHEDDAR BAKE, HERB GRILLED PORK CHOPS (GF) ... WEDNESDAY

* Creamy Ziti Pasta, Mushroom Rice Pilaf, Roasted Vegetables (GF), Fried Corn Nuggets *

GRILLED RIBEYE (GF), FRIED CATFISH NUGGETS ... THURSDAY

* Baked Potatoes (GF), Baked Sweet Potatoes (GF), Baked Polenta (GF), Sautéed Mushrooms, Steamed Green Peas and Pearl Onions (GF) *

GRILLED BRATWURST WITH PEPPERS & ONIONS, HONEY MUSTARD CHICKEN (GF) ... FRIDAY

* Dirty Rice (GF), Scalloped Potatoes, Sautéed Green Beans (GF) Grilled Vegetables (GF) *

DESSERT MENU

BANANA PUDDING, CHOCOLATE COOKIE CRUMB PARFAIT, PEACH COBBLER, CHERRY COBBLER, CREAM CHEESE CHURROS BITES, APPLE PIE, APPLE CRANBERRY BREAD PUDDING, APPLE TURNOVER

SPECIALTY BAR

THURSDAY
Wing Bar

HOURS OF OPERATION WEEKDAY HOURS BREAKFAST 6:30 am-7:45 am LUNCH 11 am-1 pm DINNER 4:15 pm-7 pm WEEKEND HOURS BREAKFAST 8 am-9:15 am LUNCH 11:30 am-1 pm DINNER 5:30 pm-7 pm

FLETC GALLEY

LOW COUNTRY KITCHEN 08.10.24 - 08.16.24

BREAKFAST MENU

DAILY OPTIONS

FARM FRESH EGGS, SAUSAGE PATTIES, SAUSAGE LINKS, CORNED BEEF HASH, HAM, BACON, FRIED POTATOES, GRITS, OATMEAL, FRESH FRUIT

SATURDAY-FRIDAY OPTIONS

SATURDAY- FRENCH TOAST STICKS, SUNDAY- WAFFLES
MONDAY- BLUEBERRY PANCAKES, TUESDAY-FRENCH TOAST, WEDNESDAY- WAFFLES, THURSDAY- BANANA PANCAKES, FRIDAY-WAFFLES

LUNCH MENU

SHRIMP & GRITS, SMOKED SAUSAGE CAJUN ALFREDO ... SATURDAY

* Vegetarian Red Beans & Rice (GF) Cajun Sweet Potatoes (GF)
Steamed Green Beans (GF) Fried Okra *

TURKEY & DUMPLINGS, HAMBURGER STEAK ... SUNDAY

* White Rice (GF) Brown Gravy, Scalloped Potatoes, Capri Blend (GF) Steamed Squash *

BAKED SALMON TOPPED WITH CREAMY CAJUN STUFFING, FRIED HONEY CHICKEN ... MONDAY

* Smoked Gouda Grits (GF) White Rice (GF) Summer Spaghetti Squash (GF), Maple Glazed Brussels Sprouts with Pancetta & Parmesan *

BEEF ENCHILADA CASSEROLE, CHIPOTLE CHICKEN (GF), MEXICAN SHRIMP ... TUESDAY

* Warm Flour Tortillas, Refried Beans (GF), Spanish Rice (GF), Fried Nacho Chips, Queso Cheese, Oven Roasted Tomatillo (GF), Roasted Corn with Poblanos & Black Beans (GF) *

FRIED CHICKEN, HERB BAKED CHICKEN (GF) SWEDISH MEATBALLS ... WEDNESDAY

* Mashed Garlic Potatoes (GF), Steamed White Rice (GF), Chicken Gravy, Mixed Greens (GF), Slow Cooked Lima Beans with Smoked Turkey (GF) *

SLOPPY JOE SANDWICHES, BANG BANG SHRIMP PASTA ... THURSDAY

* Waffle Fries, Seasoned Rice (GF), California Blend (GF), Roasted Squash (GF) *

SMOKED BBQ PULLED PORK, FRIED CATFISH NUGGETS ... FRIDAY

* RED RICE W/ PORK SAUSAGE (GF), MAC & CHEESE, Corn Casserole, COLLARD GREENS W/ SMOKED TURKEY (GF) Corn Bread, Coleslaw (GF) *

SOUP MENU

* MONDAY--Broccoli & Cheese TUESDAY-- CHICKEN TORTILLA SOUP WEDNESDAY--HOME STYLE CHILI THURSDAY-- Boston Clam Chowder FRIDAY-- LOADED POTATO SOUP *

DAILY LOW-CALORIE MENU

(MONDAY-FRIDAY) Daily Chef Selected Seafood Item~ Roasted Chicken~ Vegetarian Entrée~ Steamed Brown Rice ~ Quinoa & Cous Cous~ Chef Selected Vegetables ~ (ALL ITEMS WILL BE SALT AND BUTTER/MARGARINE FREE) Flavored w/ Olive Oil & Chef Selected Herbs and Spices VEGETABLES MAY BE SUBJECT TO CHANGE BASED ON AVAILABILITY

DINNER MENU

ASSORTED PIZZA, RANCH SEASONED BAKED WINGS ... SATURDAY

* Pasta, Marinara Sauce (GF), Alfredo Sauce, Mozzarella Sticks, Steamed Green Peas (GF), Fried Eggplant *

SLOW ROASTED BEEF WITH AU JUS, BROWN SUGAR BAKED HAM ... SUNDAY

* Mash Potatoes (GF), Rice Pilaf (GF), Brown Gravy, Blacked - Eye peas (GF) Turnip & Mustard Greens (GF) *

SEAFOOD CREOLE, CAJUN CHICKEN BREASTS (GF) ... MONDAY

* Steamed White Rice (GF) Creole Red Beans with Turkey Sausage, Roasted Red Potatoes (GF) Honey Glazed Carrots (GF), Fried Okra *

TURKEY TETRAZZINI, GARLIC PARMESAN COD BITES ... TUESDAY

* Steamed Brown Rice (GF), Roasted Potato Medley (GF), Steamed Brussels Sprouts (GF), Roasted Rutabagas (GF) *

ITALIAN GROUND BEEF RAGU, BALSAMIC ROASTED PORK LOIN ... WEDNESDAY

* Pappardelle, Pesto Sauce, Saffron Rice (GF), Garlic Spinach (GF), Corn on the Cob *

GRILLED NY STRIP STEAK (GF), CHICKEN FLORENTINE ... THURSDAY

* Baked Potatoes (GF), Baked Sweet Potatoes (GF), Linguine Marinara, Ratatouille (GF), Sautéed Mushrooms (GF), Steamed Green Peas and Pearl Onions (GF) *

HONEY GARLIC RIBS (GF), APPLE BRINE CHICKEN (GF) ... FRIDAY

* Rice Pilaf (GF), Cheesy Potatoes, Sautéed Summer Squash Blend, Parmesan Roasted Cauliflower *

DESSERT MENU

BANANA PUDDING, CHOCOLATE COOKIE CRUMB PARFAIT, PEACH COBBLER, CHERRY COBBLER, CREAM CHEESE CHURROS BITES, APPLE PIE, APPLE CRANBERRY BREAD PUDDING, APPLE TURNOVER

SPECIALTY BAR

THURSDAY

Caesar Salad Bar

HOURS OF OPERATION WEEKDAY HOURS BREAKFAST 6:30 am-7:45 am LUNCH 11 am-1 pm DINNER 4:15 pm-7 pm WEEKEND HOURS BREAKFAST 8 am-9:15 am LUNCH 11:30 am-1 pm DINNER 5:30 pm-7 pm

FLETC GALLEY

LOW COUNTRY KITCHEN 08.17.24 - 08.23.24

BREAKFAST MENU

DAILY OPTIONS

FARM FRESH EGGS, SAUSAGE PATTIES, SAUSAGE LINKS, CORNED BEEF HASH, HAM, BACON, FRIED POTATOES, GRITS, OATMEAL, FRESH FRUIT

SATURDAY-FRIDAY OPTIONS

SATURDAY- FRENCH TOAST STICKS, SUNDAY- WAFFLES
MONDAY- BLUEBERRY PANCAKES, TUESDAY-FRENCH TOAST, WEDNESDAY- WAFFLES, THURSDAY- BANANA PANCAKES, FRIDAY-WAFFLES

LUNCH MENU

PHILLY CHEESE STEAK, BEER-BATTERED COD ... SATURDAY

* Potato Wedges, Pasta, Marinara Sauce (GF), Alfredo Sauce, Broccoli with Cheese, Sautéed Corn *

SMOTHERED PORK CHOPS, BAKED ZITI ... SUNDAY

* Mashed Potatoes (GF), White Rice (GF), Brown Gravy, Green Peas (GF), Squash with Onions (GF) *

SHRIMP SCAMPI (GF), MEAT LASAGNA ... MONDAY

* Linguine, Alfredo Sauce, Marinara Sauce (GF) Rice Pilaf, Lemon Garlic Asparagus (GF), Fried Squash *

TACO SEASONED GROUND BEEF (GF), CHICKEN TINGA (GF), CILANTRO LIME FISH (GF) ... TUESDAY

* Warm Flour Tortillas, Refried Beans (GF), Cheese Mexican Rice (GF), Fried Nacho Chips, Queso Cheese, Oven Roasted Tomatillo (GF), Confetti Corn *

FRIED CHICKEN, HERB BAKED CHICKEN (GF) SALISBURY STEAK WITH BROWN GRAVY & CARAMELIZED ONIONS ... WEDNESDAY

* Mashed Garlic Potatoes (GF), Steamed White Rice (GF), Chicken Gravy, Speckled Butter Beans (GF), Sautéed Okra and Tomatoes (GF) *

WARM FLOUR TORTILLAS, REFRIED BEANS (GF), CHEESE MEXICAN RICE (GF), FRIED NACHO CHIPS, QUESO CHEESE, OVEN ROASTED TOMATILLO (GF), CONFETTI CORN ... THURSDAY

* Mashed Garlic Potatoes (GF), Steamed White Rice (GF), Chicken Gravy, Southern Mixed Greens with Bacon (GF) Lima Beans (GF) *

SMOKED BBQ PULLED PORK, CRISPY FRIED WHITING ... FRIDAY

* RED RICE W/ PORK SAUSAGE (GF), MAC & CHEESE, Corn Casserole, COLLARD GREENS W/ SMOKED TURKEY (GF) Corn Bread, Coleslaw *

SOUP MENU

* MONDAY--Turkey Noodle Soup TUESDAY-- CHICKEN TORTILLA SOUP WEDNESDAY--HOME STYLE CHILI THURSDAY-- Italian Wedding Soup FRIDAY-- LOADED POTATO SOUP *

DAILY LOW-CALORIE MENU

(MONDAY-FRIDAY) Daily Chef Selected Seafood Item~ Roasted Chicken~ Vegetarian Entrée~ Steamed Brown Rice ~ Quinoa & Cous Cous~ Chef Selected Vegetables ~ (ALL ITEMS WILL BE SALT AND BUTTER/MARGARINE FREE) Flavored w/ Olive Oil & Chef Selected Herbs and Spices VEGETABLES MAY BE SUBJECT TO CHANGE BASED ON AVAILABILITY

DINNER MENU

GRILLED CUBAN SANDWICHES, BUFFALO SHRIMP BITES W/ CRUMBLLED BLUE CHEESE ... SATURDAY

* Pasta, Marinara Sauce (GF), Alfredo Sauce, Mozzarella Sticks, Steamed Spinach (GF), Zucchini Blend (GF) *

CORNED BEEF (GF), ROTISSERIE SEASONED CHICKEN (GF) ... SUNDAY

* Steamed Potatoes (GF) White Rice (GF) Sautéed Cabbage (GF), Steamed Carrots (GF) *

CHICKEN CORDON BLEU, MARINATED BEEF TIPS ... MONDAY

* Mushroom Rice (GF), Au-Gratin Potatoes (GF), Capri Blend Vegetables (GF), Sweet Potato Soufflé *

CAJUN SHRIMP AND TURKEY SAUSAGE PASTA, SPANISH SEASONED PORK CHOPS (GF) ... TUESDAY

* Saffron Rice (GF), Roasted Garlic Potatoes (GF), Fried Eggplant, Stewed Tomatoes (GF) *

SHRIMP FRIED RICE, SWEET & SOUR CHICKEN ... WEDNESDAY

* Jasmine Rice (GF), Sesame Noodles, Stir-Fried Mixed Vegetables, Ginger Broccoli (GF) *

GRILLED RIBEYE (GF) FRIED CALAMARI WITH SPICY MARINARA SAUCE ... THURSDAY

* Baked Potatoes (GF), Baked sweet Potatoes (GF) Rice Pilaf, Sautéed Mushrooms, Sugar Snaps (GF) *

ITALIAN BAKED CHICKEN (GF) ITALIAN SAUSAGE SKILLET WITH TOMATOES & PEPPERS ... FRIDAY

* Pasta, Marinara Sauce (GF), Alfredo Sauce, Garlic Toast, Steamed Green Beans (GF), Fried Green Tomatoes *

DESSERT MENU

BANANA PUDDING, CHOCOLATE COOKIE CRUMB PARFAIT, PEACH COBBLER, CHERRY COBBLER, CREAM CHEESE CHURROS BITES, APPLE PIE, APPLE CRANBERRY BREAD PUDDING, APPLE TURNOVER

SPECIALTY BAR

THURSDAY

Pizza Bar

HOURS OF OPERATION WEEKDAY HOURS BREAKFAST 6:30 am-7:45 am LUNCH 11 am-1 pm DINNER 4:15 pm-7 pm WEEKEND HOURS BREAKFAST 8 am-9:15 am LUNCH 11:30 am-1 pm DINNER 5:30 pm-7 pm

FLETC GALLEY

LOW COUNTRY KITCHEN 08.24.24 - 08.30.24

BREAKFAST MENU

DAILY OPTIONS

FARM FRESH EGGS, SAUSAGE PATTIES, SAUSAGE LINKS, CORNED BEEF HASH, HAM, BACON, FRIED POTATOES, GRITS, OATMEAL, FRESH FRUIT

SATURDAY-FRIDAY OPTIONS

SATURDAY- FRENCH TOAST STICKS, SUNDAY- WAFFLES
MONDAY- BLUEBERRY PANCAKES, TUESDAY-FRENCH TOAST, WEDNESDAY- WAFFLES, THURSDAY- BANANA PANCAKES, FRIDAY-WAFFLES

LUNCH MENU

FRIED PARMESAN CHICKEN BITES, FRENCH BREAD PIZZA ... SATURDAY

* Pasta, Marinara Sauce (GF), Alfredo Sauce, Roasted Cauliflower (GF), Lemon Steamed Broccoli (GF) *

BAKED TORTELLINI WITH MEAT SAUCE, BAKED TILAPIA (GF) ... SUNDAY

* Seasoned Rice (GF), Roasted Potatoes (GF), Garlic Roasted Asparagus (GF), Fried Eggplant *

SHRIMP BIRYANI (GF), MESQUITE SMOKED PORK LOIN (GF) ... MONDAY

* Steamed Basmati Rice (GF), Cheesy Loaded Potatoes Casserole, California Blend (GF), Fried Green Beans *

MEXICAN GROUND BEEF (GF), SOUTHWEST CHICKEN (GF), PORK TAMALES ... TUESDAY

* Warm Flour Tortillas, Refried Beans (GF), Mexican Rice (GF), Fried Nacho Chips, Queso Cheese, Mexican Vegetables (GF), Mexican Street Corn *

FRIED CHICKEN, HERB BAKED CHICKEN (GF) STUFFED GREEN PEPPERS (GF) ... WEDNESDAY

* Mashed Buttery Potatoes (GF), Steamed White Rice (GF), Chicken Gravy, Southern Mixed Greens with Bacon (GF) Lima Beans (GF) *

CHICKEN KORMA, (GF), STIR - FRIED THAI GARLIC SHRIMP (GF) ... THURSDAY

* Grilled Naan Bread, Jasmine Rice (GF), Fried Egg rolls, Stir Fried Vegetables (GF), Thai Sweet Chili Beans, *

SMOKED BBQ PULLED PORK, FRIED COD ... FRIDAY

* RED RICE W/ PORK SAUSAGE (GF), MAC & CHEESE, BBQ Baked Beans, COLLARD GREENS W/ SMOKED TURKEY (GF) Corn Bread, Coleslaw (GF) *

SOUP MENU

* MONDAY--Manhattan Clam Chowder TUESDAY-- CHICKEN TORTILLA SOUP WEDNESDAY--HOME STYLE CHILI THURSDAY-- Vegetable Soup FRIDAY-- LOADED POTATO SOUP *

DAILY LOW-CALORIE MENU

(MONDAY-FRIDAY) Daily Chef Selected Seafood Item~ Roasted Chicken~ Vegetarian Entrée~ Steamed Brown Rice ~ Quinoa & Cous Cous~ Chef Selected Vegetables ~ (ALL ITEMS WILL BE SALT AND BUTTER/MARGARINE FREE) Flavored w/ Olive Oil & Chef Selected Herbs and Spices VEGETABLES MAY BE SUBJECT TO CHANGE BASED ON AVAILABILITY

DINNER MENU

BEEF GYROS WITH WARM PITA BREAD, MEDITERRANEAN GREEK CHICKEN (GF) ... SATURDAY

* Lemon Rice (GF), Greek Seasoned Potatoes (GF), Mediterranean Roasted Potatoes (GF) Baked Spaghetti Squash, Feta & Tomato (GF) *

HOMESTYLE MEATLOAF, BUTTERMILK FRIED CHICKEN WINGS ... SUNDAY

* Mash Potatoes (GF), Steamed White Rice (GF), Okra & Tomatoes (GF), Succotash (GF) *

BREADED CATFISH, BAKED TUSCAN CHICKEN (GF) ... MONDAY

* Steamed Rice (GF), Sweet Potato Wedges (GF), Squash & Zucchini (GF), Creole Corn *

CHICKEN PICATTA, MEATBALLS & MARINARA ... TUESDAY

* Pasta, Marinara Sauce (GF), Alfredo Sauce, Garlic Bread Sticks Sautéed Carrots (GF), Italian Greens (GF) *

HONEY GARLIC CHICKEN BREASTS, BEEF TIPS WITH MUSHROOM GRAVY ... WEDNESDAY

* Buttery Egg Noodles, Au-Gratin Potatoes, Steamed Cabbage (GF) Roasted Squash (GF) *

GRILLED RIBEYE (GF) FRIED CALAMARI WITH SPICY MARINARA SAUCE ... THURSDAY

* Baked Potatoes (GF), Baked sweet Potatoes (GF) Rice Pilaf, Sautéed Mushrooms, Sugar Snaps (GF) *

ROSEMARY ROASTED CHICKEN WITH LEMON AND ARTICHOKE (GF), BAKED CHILI MAC ... FRIDAY

* Yellow Rice (GF) Ranch Potatoes (GF), Cornbread, Buttered Corn (GF) *

DESSERT MENU

BANANA PUDDING, CHOCOLATE COOKIE CRUMB PARFAIT, PEACH COBBLER, CHERRY COBBLER, CREAM CHEESE CHURROS BITES, APPLE PIE, APPLE CRANBERRY BREAD PUDDING, APPLE TURNOVER

SPECIALTY BAR

THURSDAY

Pizza Bar

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