

FLETC GALLEY

LOW-COUNTRY KITCHEN 11.09.24--11.15.24

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 (GF) *

BEEF STEW, HONEY BBQ CHICKEN (GF) ... SUNDAY

* WHITE RICE (GF), GARLIC ROASTED WHITE POTATOES (GF), SWEET PEAS (GF), ROASTED SQUASH & ONIONS (GF) *

SHRIMP ÉTOUFFÉE, PINEAPPLE GLAZED PORK CHOPS (GF) ... MONDAY

* STEAMED WHITE RICE (GF), CREAMY PARMESAN POLENTA (GF), LEMON GLAZED ASPARAGUS (GF), BUTTERNUT SQUASH (GF) *

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

* WARM FLOUR TORTILLAS, REFRIED BEANS (GF), CHEESY MEXICAN RICE (GF), FRIED NACHO CHIPS, QUESO CHEESE, MEXICAN VEGETABLES (GF), MEXICAN STREET CORN (GF) *

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

* MASHED GARLIC POTATOES (GF), STEAMED WHITE RICE (GF), BROWN GRAVY, SOUTHERN STYLE CABBAGE W/ 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, CRISPY FRIED FISH ... FRIDAY

* RED RICE W/ PORK SAUSAGE, MAC & CHEESE, BBQ BAKED BEANS (GF), COLLARD GREENS W/ SMOKED TURKEY (GF), FRIED HUSH-PUPPIES, COLE SLAW (GF) *

SOUP DAILY OPTIONS

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

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, MARINARA SAUCE (GF), ALFREDO SAUCE, MOZZARELLA STICKS, ROASTED VEGETABLES (GF), FRIED CORN NUGGETS *

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

* MASHED POTATOES (GF), CORNBREAD STUFFING, TURKEY GRAVY, COUNTRY-STYLE GREEN BEANS (GF), RUTABAGAS (GF) *

GROUND BEEF MEAT SAUCE (GF), ITALIAN CHICKEN BREASTS (GF) ... MONDAY

* PASTA, MARINARA SAUCE (GF), ALFREDO SAUCE, TOASTED GARLIC BREAD, HONEY GLAZED CARROTS (GF), SAUTÉED CAPRI BLEND (GF) *

CRISPY ORANGE SHRIMP, BEEF AND BROCCOLI ... TUESDAY

* VEGETABLE FRIED RICE, STEAMED WHITE RICE (GF), FRIED EGG-ROLLS, STIR-FRIED VEGETABLES, GARLIC & GINGER BOK CHOY (GF) *

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

* OVEN ROASTED POTATOES W/ ONIONS (GF), CREAMY CAJUN PASTA, FRIED OKRA, SKILLET CORN (GF) *

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

* BAKED POTATOES (GF), BAKED SWEET POTATOES (GF), RICE PILAF, SAUTÉED MUSHROOMS, OVEN ROASTED CAULIFLOWER (GF) *

LEMON GARLIC WINGS, SLOPPY JOE SANDWICHES ... FRIDAY

* YELLOW RICE (GF), ROASTED SWEET POTATOES 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

* GRILLED SAUSAGE BAR *

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

FLETC GALLEY

LOW-COUNTRY KITCHEN 11.16.24--11.22.24

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 SANDWICHES, BEER-BATTERED COD ... SATURDAY

* FRIED POTATO WEDGES, PASTA, MARINARA SAUCE (GF), ALFREDO SAUCE, BROCCOLI W/ CHEESE, SAUTÉED CORN (GF) *

SMOTHERED PORK CHOPS, BAKED ZITI ... SUNDAY

* MASHED POTATOES (GF), WHITE RICE (GF), BROWN GRAVY, GREEN PEAS (GF), SQUASH & ONION BLEND (GF) *

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

* LINGUINE, MARINARA SAUCE (GF), ALFREDO SAUCE, RICE PILAF, CRISPY PARMESAN CRUSTED BRUSSELS SPROUTS (GF), FRIED SQUASH *

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

* WARM FLOUR TORTILLAS, REFRIED BEANS (GF), SPANISH RICE (GF), FRIED NACHO CHIPS, QUESO CHEESE, CONFETTI CORN (GF), PAN FRIED TOMATILLO (GF) *

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

WEDNESDAY

* MASHED GARLIC POTATOES (GF), STEAMED WHITE RICE (GF), CHICKEN GRAVY, SPECKLED BUTTER BEANS (GF), SAUTÉED OKRA AND TOMATOES (GF) *

ROASTED MANGO CHUTNEY CHICKEN, INDIAN BEEF STEW ...

THURSDAY

* BASMATI RICE (GF), CURRIED POTATOES (GF), OVEN BAKED NAAN, SPICY GREEN BEANS (GF), ROASTED CARROTS (GF) *

SMOKED BBQ PULLED PORK, SOUTHERN FRIED WHITING ...

FRIDAY

* RED RICE W/ PORK SAUSAGE, MAC & CHEESE, BBQ BAKED BEANS (GF), COLLARD GREENS W/ SMOKED TURKEY (GF), CORN BREAD, COLE SLAW (GF) *

SOUP DAILY OPTIONS

SOUP MENU

* MONDAY--SEAFOOD CHOWDER--TUESDAY-- CHEESY CHICKEN TORTILLA SOUP-- WEDNESDAY--HOME STYLE CHILI-- THURSDAY--BEEF & VEGETABLE SOUP-- FRIDAY-- LOADED POTATO SOUP *

DAILY-LOW CALORIE MENU

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 ... SATURDAY

* PASTA, MARINARA SAUCE (GF), ALFREDO SAUCE, WAFFLE FRIES, STEAMED SPINACH (GF), ZUCCHINI BLEND (GF) *

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

* STEAMED NEW POTATOES (GF), WHITE RICE (GF), SAUTÉED CABBAGE (GF), PARSLEY CARROTS (GF) *

CHICKEN CORDON BLEU, MARINATED BEEF TIPS ... MONDAY

* MUSHROOM RICE (GF), AU-GRATIN POTATOES, CAPRI BLEND VEGETABLES (GF), SUCCOTASH (GF) *

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

* SAFFRON RICE (GF), ROASTED GARLIC POTATOES (GF), FRIED EGGPLANT, STEWED TOMATOES (GF) *

SHRIMP LO MEIN, SWEET & SOUR CHICKEN ... WEDNESDAY

* JASMINE RICE (GF), FRIED RICE, STIR-FRIED MIXED VEGETABLES, GINGER BROCCOLI (GF) *

GRILLED RIBEYE (GF), FRIED CALAMARI W/ SPICY MARINARA DIPPING SAUCE ... THURSDAY

* BAKED POTATOES (GF), BAKED SWEET POTATOES (GF), LEMON RICE (GF), SAUTÉED MUSHROOMS, STEAMED SUGAR SNAPS (GF) *

ITALIAN BAKED CHICKEN (GF), ITALIAN SAUSAGE SKILLET W/ TOMATOES & PEPPERS ... FRIDAY

* PASTA, MARINARA SAUCE (GF), ALFREDO SAUCE, GARLIC BREAD, 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

* BAKED POTATO BAR *

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

FLETC GALLEY

LOW-COUNTRY KITCHEN 11.23.24--11.29.24

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, FRIED CHICKEN NUGGETS ... SATURDAY

* SEASONED FRIES, SAUTÉED ZUCCHINI & SQUASH (GF), STEAMED CARROTS (GF) *

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

* PASTA, MARINARA SAUCE (GF), HERB GARLIC BUTTER RICE (GF), ROASTED ASPARAGUS (GF), STEAMED SQUASH (GF) *

COCONUT CURRY CHICKEN (GF), THAI GARLIC SHRIMP ... MONDAY

* STEAMED BASMATI (GF), ROASTED HERB POTATOES (GF), VEGETABLE MEDLEY (GF), ROASTED BRUSSELS SPROUTS (GF) *

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

* WARM FLOUR TORTILLAS, FRIED NACHO CHIPS, QUESO CHEESE, FIESTA RICE (GF), BLACK BEANS (GF), ROASTED CORN W/ POBLANOS (GF) *

FRIED CHICKEN, MESQUITE SMOKED RIBS ... WEDNESDAY

* MASHED GARLIC POTATOES (GF), STEAMED WHITE RICE (GF), CHICKEN GRAVY, SOUTHERN FRIED CABBAGE (GF), FRIED OKRA *

SEE ATTACHED FLYER ... THURSDAY



BBQ PULLED PORK, CHEF'S SELECT FRIED FISH ... FRIDAY

* CHARLESTON RED RICE, MAC & CHEESE, BBQ BAKED BEANS, TURNIP GREENS (GF) *

SOUP DAILY OPTIONS

SOUP MENU

* MONDAY--CREAM OF BROCCOLI--TUESDAY-- CHEESY CHICKEN TORTILLA SOUP-- WEDNESDAY--HOME STYLE CHILI-- THURSDAY--CORN CHOWDER-- FRIDAY-- LOADED POTATO SOUP *

DAILY-LOW CALORIE MENU

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 (GF), REFRIED BEANS, ROASTED MEXICAN VEGETABLES (GF), JALAPENO POPPERS *

BEEF POT PIE, HERBED TURKEY CUTLETS (GF) ... SUNDAY

* MASHED POTATOES (GF), WHITE RICE (GF), SAUTÉED GREEN BEANS (GF), BUTTERNUT SQUASH (GF) *

CHICKEN STROGANOFF, BAKED FLOUNDER W/ BUTTER HERB SAUCE ... MONDAY

* BUTTERED EGG NOODLES, SCALLOPED POTATOES, CHEESY CAULIFLOWER (GF), STEAMED BROCCOLI (GF) *

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

* GINGER RICE (GF), VEGETABLE UDON NOODLES, STIR-FRIED VEGETABLES, SPRING ROLLS *

GRILLED HERB PORK LOIN, BROCCOLI CHICKEN CASSEROLE ... WEDNESDAY

* MUSHROOM RICE PILAF, CREAMY BAKED ZITI, ROASTED VEGETABLES, FRIED CORN NUGGETS *

SEE ATTACHED FLYER ... THURSDAY



GRILLED BRATWURST W/ CARAMELIZED ONIONS, BBQ CHICKEN WINGS ... FRIDAY

* DIRTY RICE, WHITE CHEDDAR PASTA, SAUTÉED MIXED VEGETABLES (GF), STEAMED GREEN BEANS (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

* WILL RETURN NEXT WEEK *

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

FLETC GALLEY

LOW-COUNTRY KITCHEN 11.30.24--12.06.24

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

LOW-COUNTRY SHRIMP & GRAVY, CAJUN PORK BITES W/ PEPPERS & ONIONS ... SATURDAY

* CHEESY GRITS (GF), CAJUN SWEET POTATOES (GF), STEAMED GREEN BEANS (GF), FRIED GREEN TOMATOES *

TURKEY & DUMPLINGS, COUNTRY FRIED STEAK ... SUNDAY

* WHITE RICE (GF), BROWN GRAVY, SCALLOPED POTATOES, CAPRI BLEND (GF), STEAMED SQUASH (GF) *

BAKED SALMON W/ BOURBON GLAZE, SPICY FRIED CHICKEN WINGS W/ HONEY ... MONDAY

* WILD RICE PILAF, BABY RED POTATOES (GF), FRESH ASPARAGUS SPEARS (GF) GLAZED CARROT STICKS (GF) *

MEXICAN GROUND BEEF (GF), CHIPOTLE CHICKEN (GF) ... TUESDAY

* WARM FLOUR TORTILLAS, FRIED NACHO CHIPS, QUESO CHEESE, SPANISH RICE (GF), BLACK BEANS (GF), ROASTED CORN W/ POBLANOS (GF), MEXICAN EGGPLANT W/ TOMATOES *

FRIED CHICKEN, SWEDISH MEATBALLS ... WEDNESDAY

* MASHED GARLIC POTATOES (GF), STEAMED WHITE RICE (GF), CHICKEN GRAVY, LIMA BEANS W/ SMOKED TURKEY (GF), STEAMED GREEN BEANS (GF) *

SLOPPY JOE SANDWICHES, BANG BANG SHRIMP ... THURSDAY

* BATTERED FRIES, SEASONED RICE (GF), CALIFORNIA BLEND (GF), ROASTED SQUASH (GF) *

BBQ PULLED PORK, FRIED CATFISH ... FRIDAY

* RED RICE W/ PORK SAUSAGE, MAC & CHEESE, BAKED BEANS, COLLARD GREENS (GF), FRIED HUSH-PUPPIES, COLE SLAW (GF) *

SOUP DAILY OPTIONS

SOUP MENU

* MONDAY--TURKEY NOODLE SOUP TUESDAY CHEESY CHICKEN TORTILLA SOUP-- WEDNESDAY--HOME STYLE CHILI-- THURSDAY--SHRIMP CHOWDER-- FRIDAY-- LOADED POTATO SOUP *

DAILY-LOW CALORIE MENU

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 (GF) ... SATURDAY

* PASTA, MARINARA SAUCE (GF), ALFREDO SAUCE, MOZZARELLA STICKS, STEAMED GREEN PEAS (GF), FRIED SQUASH *

SLOW ROASTED BEEF W/ AU-JUS, BROWN SUGAR BAKED HAM (GF) ... SUNDAY

* MASHED POTATOES (GF), WHITE RICE (GF), BLACK-EYED PEAS (GF), MUSTARD GREENS (GF) *

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

* STEAMED WHITE RICE (GF), CREOLE RED BEANS (GF), ROASTED DICED POTATOES (GF), HONEY GLAZED CARROTS (GF) FRIED OKRA *

TURKEY TETRAZZINI, FRIED COD ... TUESDAY

* STEAMED BROWN RICE (GF), ROASTED POTATO MEDLEY (GF), STEAMED GREEN BEANS (GF), ROASTED RUTABAGAS (GF) *

ITALIAN GROUND BEEF RAGU, BALSAMIC ROASTED PORK LOIN (GF) ... WEDNESDAY

* EGG NOODLES, PESTO SAUCE, SAFFRON RICE (GF) GARLIC SPINACH (GF), CORN ON THE COB (GF) *

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

* BAKED POTATOES (GF), BAKED SWEET POTATOES (GF), LINGUINE, MARINARA SAUCE (GF), SAUTÉED MUSHROOMS, STEAMED GREEN PEAS W/ PEARL ONIONS (GF) *

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

* RICE PILAF, CHEESY POTATO BAKE (GF) SAUTÉED SQUASH BLEND (GF), ROASTED CAULIFLOWER (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

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

SPECIALTY BAR

THURSDAY

* WILL RETURN NEXT WEEK *

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

FLETC GALLEY

LOW COUNTRY KITCHEN 12/7/2024 - 12/13/2024

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

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 *

BREADED CHICKEN BREAST, MESQUITE SMOKED PORK LOIN (GF) ... MONDAY

* Steamed Basmati Rice (GF), Cheesy Loaded Potato 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 (GF) *

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

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

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

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

SMOKED BBQ PULLED PORK (GF), FRIED COD ... FRIDAY

* Red Rice with Pork Sausage, Mac & Cheese, BBQ Beans (GF), Collard Greens with Smoked Turkey (GF), Corn Bread, Cole Slaw (GF) *

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

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

* Lemon Rice (GF), Greek Seasoned Potatoes (GF), Steamed Green Peas (GF), Roasted Squash (GF) *

HOMESTYLE MEATLOAF, BUTTERMILK FRIED CHICKEN WINGS ... SUNDAY

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

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

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

CHICKEN PICCATA (GF), MEATBALLS & MARINARA SAUCE ... TUESDAY

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

HONEY GARLIC CHICKEN BREASTS (GF), BEEF TIPS W/ MUSHROOMS ... 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 (GF), Sugar Snaps (GF) *

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

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

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

THANKSGIVING DAY MENU

BREAKFAST 8:00 a.m.

BREAKFAST ENTREE: BREAKFAST STRATA

BREAKFAST MEATS: APPLEWOOD SMOKED BACON, MAPLE GLAZED BREAKFAST SAUSAGE, TURKEY SAUSAGE LINKS

BREAKFAST SIDES: GRITS, OATMEAL, SCRAMBLED EGGS, BOILED EGGS, FRIED POTATOES,

BISCUITS & GRAVY

FRESH FRUIT, ASSORTED DANISHES, ASSORTED MUFFINS

LUNCH MENU 11:00 a.m. (TRANSITIONAL BRUNCH)

ENTRÉE: HONEY FRIED CHICKEN & WAFFLES

STARCH: SCALLOPED POTATOES, DIRTY RICE

VEGETABLE: SAUTEED BROCCOLINI, CORN ON THE COB

LUNCH GRILL MENU:

FRESH CUT HAMBURGERS, TURKEY BURGERS,

NATHAN HOT DOGS, BEYOND BURGER

FRIES AND ONION RINGS

***TRADITIONAL THANKSGIVING MEAL 5:30p.m.-7p.m (GRILL WILL BE CLOSED)**

DINNER

ENTRÉE: BUTTER-ROASTED TURKEY, HONEY GLAZED HAM

VEGETARIAN ENTRÉE: VEGETARIAN STUFFED ACORN SQUASH

STARCHES: MASHED POTATOES W/ GIBLET GRAVY, CORNBREAD DRESSING

VEGETABLE/SIDE DISHES: GREEN BEAN CASSEROLE, ROASTED SQUASH, SWEET POTATO CASSEROLE W/CANDIED PECANS

TRADITIONAL ACCOMPANIMENTS AND DESSERTS

