

# FLETC GALLEY

LOW-COUNTRY KITCHEN 01/04/2025--01/10/2025

## 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

\* FRIED POTATO WEDGES, PASTA, MARINARA SAUCE (GF), ALFREDO SAUCE, BROCCOLI W/ CHEESE (GF), CORN ON THE COB (GF) \*

### PORK CHOPS SMOTHERED W/ ONIONS & PEPPER (GF), BAKED ZITI ... SUNDAY

\* MASHED POTATOES (GF), WHITE RICE (GF), BROWN GRAVY, GREEN PEAS (GF), YELLOW SQUASH W/ ONIONS (GF) \*

### SHRIMP SCAMPI (GF), STUFFED PASTA ... MONDAY

\* LINGUINE, MARINARA SAUCE (GF), ALFREDO SAUCE, RICE PILAF, LEMON GARLIC ASPARAGUS (GF), STEAMED CAULIFLOWER (GF) \*

### SEASONED GROUND BEEF (GF), CHICKEN TINGA (GF) ... TUESDAY

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

### FRIED CHICKEN, HERB BAKED CHICKEN (GF), SALISBURY STEAK ... WEDNESDAY

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

### JERK CHICKEN THIGHS, SAVORY PORK STEW ... THURSDAY

\* SCALLOPED POTATOES, BUTTERED EGG NOODLES, GARLIC GREEN BEANS, ROASTED BUTTERNUT SQUASH \*

### BBQ PULLED PORK, CRISPY FRIED WHITING ... 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--SEAFOOD 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

### SAVORY CHICKEN BREASTS, FRED BUFFALO SHRIMP ...

#### SATURDAY

\* PASTA, MARINARA SAUCE (GF), ALFREDO SAUCE, MOZZARELLA STICKS, STEAMED SPINACH (GF), ZUCCHINI BLEND (GF) \*

### ROSEMARY ROAST BEEF W/ AU JUS, ROTISSERIE SEASONED CHICKEN (GF) ... SUNDAY

\* MASHED POTATOES (GF), BROWN RICE (GF), BROWN BEEF GRAVY, SAUTÉED CABBAGE (GF), STEAMED CARROTS (GF) \*

### CHICKEN CORDON BLEU, MARINATED BEEF TIPS ... MONDAY

\* MUSHROOM RICE (GF), AU-GRATIN POTATOES, CALIFORNIA BLEND VEGETABLES (GF), STEAMED GREEN BEANS (GF) \*

### CAJUN SHRIMP & 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 VEGETABLES (GF), GINGER BROCCOLI (GF) \*

### GRILLED RIB-EYE STEAK (GF) FRIED CLAM STRIPS W/ 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 W/ TOMATOES & PEPPERS ... FRIDAY

\* PASTA, GARLIC HERB MARINARA (GF), 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

\* 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 01/11/025--01/17/2025

## 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, BUTTERFLY SHRIMP ... SATURDAY

\* FRIED POTATO WEDGES, PASTA, MARINARA SAUCE (GF), ALFREDO SAUCE, STEAMED BROCCOLI (GF), GLAZED CARROTS (GF) \*

### HONEY BBQ CHICKEN, CREAMY ITALIAN SAUSAGE PASTA ... SUNDAY

\* YELLOW RICE (GF), GARLIC ROASTED POTATOES (GF), STEAMED BROCCOLI (GF), ROASTED SQUASH & ONIONS (GF) \*

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

\* STEAMED JASMINE RICE (GF), CREAMY PARMESAN POLENTA (GF), LEMON GLAZED ROASTED ASPARAGUS (GF), VEGETABLE MEDLEY (GF) \*

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

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

### FRIED CHICKEN, HERB BAKED CHICKEN (GF), ... WEDNESDAY

\* MASHED GARLIC POTATOES (GF), STEAMED BROWN RICE (GF), BROWN GRAVY, SOUTHERN CABBAGE W/ BACON (GF), STEAMED GREEN BEANS (GF) \*

### SOUTH AMERICAN FISH STEW, PABELLON CRIOLLO (BEEF IN TOMATO SAUCE W/ BLACK BEANS) ... THURSDAY

A TRIP TO SOUTH AMERICA

\* WHITE RICE (GF), FRIED PLANTAINS, PAPA A LA HUANCAINA (POTATOES IN SPICY CHEESE SAUCE), LOCRO (SQUASH STEW), CURRIED EGGPLANT (GF) \*

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

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

## SOUP DAILY OPTIONS

### SOUP MENU

\* MONDAY--ITALIAN WEDDING SOUP--TUESDAY MEXICAN CHICKEN TORTILLA SOUP-- WEDNESDAY--HOME STYLE CHILI-- THURSDAY--ZUPPA TOSCANA 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, CHEESE STUFFED PASTA ... SATURDAY

\* PASTA, MARINARA SAUCE (GF), GARLIC BREAD, ROASTED VEGETABLES (GF), FRIED CORN NUGGETS \*

### ROASTED CHICKEN (GF), COUNTRY FRIED STEAK ... SUNDAY

\* MASHED POTATOES (GF), WHITE RICE (GF), BROWN GRAVY, COUNTRY GRAVY, SOUTHERN STYLE GREEN BEANS, ROASTED CAULIFLOWER (GF) \*

### MEAT SAUCE W/ GROUND BEEF (GF), ITALIAN BAKED CHICKEN BREASTS (GF) ... MONDAY

\* PASTA, TOASTED GARLIC BREAD, STEAMED LEMON BROCCOLI (GF), SAUTÉED CAPRI BLEND (GF) \*

### SEARED COD W/ GINGER & SOY, BEEF & BROCCOLI ... TUESDAY

\* VEGETABLE FRIED RICE, WHITE RICE (GF), FRIED EGG ROLLS, SAUTÉED BOK CHOY, ASIAN VEGETABLES \*

### CREOLE GARLIC PORK LOIN (GF), HUNTER'S STYLE CHICKEN THIGHS ... WEDNESDAY

\* STEAMED WHITE RICE (GF), OVEN ROASTED POTATOES (GF), SKILLET CORN (GF), FRIED OKRA \*

### GRILLED NY STRIP STEAK (GF), BAKED SALMON CAKES ... THURSDAY

\* BAKED POTATOES (GF), BAKED SWEET POTATOES (GF), RICE W/ GINGER & SCALLIONS (GF), SAUTÉED MUSHROOMS, STEAMED BROCCOLI (GF) \*

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

\* YELLOW RICE (GF), ROASTED SWEET POTATO FRIES, SUCCOTASH (GF), ITALIAN 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

\* 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 01/18/025--01/24/25

## 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, CHICKEN NUGGETS ... SATURDAY

\* PASTA, MARINARA SAUCE (GF), ALFREDO SAUCE, SEASONED FRIES, SAUTÉED ZUCCHINI & SQUASH (GF), STEAMED CARROTS (GF) \*

### BALSAMIC ROASTED CHICKEN (GF), ITALIAN SAUSAGE SANDWICHES ... SUNDAY

\* PASTA, MARINARA SAUCE (GF), CREAMY PESTO SAUCE, HERB GARLIC RICE (GF), PARMESAN ASPARAGUS (GF), BUTTERNUT SQUASH (GF) \*

### COCONUT CURRY CHICKEN (GF), TANDOORI BEEF BRISKET (GF) ... MONDAY

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

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

\* WARM FLOUR TORTILLAS, FRIED NACHO CHIPS, QUESO CHEESE, FIESTA RICE (GF), PINTO BEANS (GF), CHIPOTLE ROASTED CORN (GF) \*

### FRIED CHICKEN, HONEY MUSTARD PORK RIBS ... WEDNESDAY

\* MASHED GARLIC POTATOES (GF), STEAMED WHITE RICE (GF), BROWN GRAVY, SOUTHERN TURNIPS W/ BACON (GF), FRIED OKRA \*

### CHICKEN CACCIATORE (GF), STIR-FRIED PORK ... THURSDAY

\* YELLOW RICE (GF) ITALIAN BUTTERED EGG NOODLES, STEAMED BROCCOLI, STEAMED CARROTS \*

### BBQ PULLED PORK, CRISPY FRIED FISH ... FRIDAY

\* RED RICE W/ PORK SAUSAGE (GF), MAC & CHEESE, BAKED BEANS, COLLARD GREENS (GF), CORNBREAD, COLE SLAW (GF) \*

## SOUP DAILY OPTIONS

### SOUP MENU

\* MONDAY--BROCCOLI CHEDDAR SOUP--TUESDAY  
MEXICAN CHICKEN TORTILLA SOUP-- WEDNESDAY--HOME  
STYLE CHILI-- THURSDAY--SHE CRAB 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 CHICKEN W/ BLACK BEAN SAUCE, SPICY PORK CHOPS ... SATURDAY

\* CILANTRO LIME RICE (GF), ROSEMARY LEMON GARBANZO BEANS (GF), MIXED VEGETABLES (GF), GINGER GREEN BEANS (GF) \*

### HOMESTYLE MEATLOAF, ROASTED TURKEY SUPREME W/ PAN GRAVY ... SUNDAY

\* MASHED POTATOES (GF), BROWN GRAVY, RICE PILAF, SUCCOTASH (GF), SAUTÉED BRUSSELS SPROUTS W/ ONIONS (GF) \*

### BEEF STROGANOFF, BAKED FLOUNDER (GF) ... MONDAY

\* BROWN RICE (GF), BUTTERED EGG NOODLES, STEAMED CABBAGE (GF), CAPRI BLEND (GF) \*

### TILAPIA W/ TOMATOES & CAPERS (GF), GRILLED PORK W/ FENNEL (GF) ... TUESDAY

\* WILD RICE, AU-GRAIN POTATOES (GF), STEAMED BROCCOLI (GF) SAUTÉED VEGETABLE BLEND (GF) \*

### BOURBON CHICKEN, BEEF TERIYAKI W/ BROCCOLI ... WEDNESDAY

\* SWEET SOY SAUCE FRIED RICE, JASMINE RICE (GF), ROASTED VEGETABLES (GF), EDAMAME BEANS (GF) \*

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

\* BAKED POTATOES (GF), BAKED SWEET POTATOES (GF), SAUTÉED MUSHROOMS, SWEET PEAS W/ PEARL ONIONS (GF) \*

### GRILLED BRATWURST W/ PEPPERS, ONIONS & DIJON MUSTARD, ROASTED CHICKEN W/ LEMON GRASS (GF) ... FRIDAY

\* DIRTY RICE, SCALLOPED POTATOES (GF), 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 6:30am-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 01/25/25--01/31/25

## 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

### CHICKEN POT PIE, PASTA POMODORO ... SATURDAY

\* OVEN ROASTED RED BLISS POTATOES (GF), GARLIC TOAST, VEGETABLE MEDLEY (GF) YELLOW CORN (GF) \*

### TURKEY & DUMPLINGS, HAMBURGER STEAK (GF) ... SUNDAY

\* WHITE RICE (GF), BROWN GRAVY, BUTTERY ROASTED SLICED POTATOES (GF), CAPRI BLEND VEGETABLES (GF), SUGAR SNAPS (GF) \*

### CAJUN BAKED SALMON (GF), FRIED HONEY CHICKEN ... MONDAY

\* SMOKED GOUDA GRITS (GF), STEAMED WHITE RICE (GF), ROASTED SUMMER SQUASH (GF) MAPLE-GLAZED BRUSSELS SPROUTS (GF) \*

### BEEF TACOS, CHIPOTLE CHICKEN STRIPS (GF) ... TUESDAY

\* WARM FLOUR TORTILLAS, FRIED NACHO CHIPS, QUESO CHEESE, SPANISH RICE (GF), ROASTED CORN & BLACK BEANS (GF), MEXICAN COLE SLAW (GF) \*

### FRIED CHICKEN, JERK BAKED CHICKEN, SWEDISH MEATBALLS ... WEDNESDAY

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

### SLOPPY JOE SANDWICHES, BANG-BANG SHRIMP ... THURSDAY

\* WAFFLES FRIES, JASMINE RICE (GF), CALIFORNIA BLEND (GF), HERB ROASTED SQUASH (GF) \*

### BBQ PULLED PORK, CRISPY FRIED FISH ... FRIDAY

\* RED RICE W/ PORK SAUSAGE (GF), MAC & CHEESE, BAKED BEANS, CREAM OF CORN (GF), HUSH-PUPPIES, COLE SLAW (GF) \*

## SOUP DAILY OPTIONS

### SOUP MENU

\* MONDAY--BROCCOLI CHEDDAR SOUP--TUESDAY  
MEXICAN CHICKEN TORTILLA SOUP-- WEDNESDAY--HOME  
STYLE CHILI-- THURSDAY--SHE CRAB 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

### ASSORTED FRENCH BREAD PIZZA, RANCH CHICKEN TENDERS ... SATURDAY

\* PASTA, MARINARA SAUCE (GF), JALAPENO CHEESE POPPERS, STEAMED PEAS & CARROTS (GF), PARMESAN BAKED CAULIFLOWER (GF) \*

### SLOW ROASTED ROAST BEEF, BROWN SUGAR (GF) ... SUNDAY

\* MASHED POTATOES (GF), BROWN GRAVY, EGG NOODLES, SEASONED BLACK-EYED PEAS (GF), SAUTÉED SPINACH (GF) \*

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

\* STEAMED BASMATI RICE (GF), CREOLE RED BEANS (GF), ROASTED RED POTATOES (GF) BUTTERED CORN (GF) \*

### COUNTRY FRIED STEAK, GRILLED FISH W/ PINEAPPLE CHUTNEY (GF) ... TUESDAY

\* STEAMED BROWN RICE (GF), POTATO MEDLEY (GF), STEAMED GREEN BEANS (GF), VEGETABLE MEDLEY (GF) \*

### ITALIAN GROUND BEEF RAGU SERVED W/ PASTA, BALSAMIC ROASTED PORK LOIN (GF) ... WEDNESDAY

\* HASH BROWN POTATOES (GF) WILD RICE BLEND, GARLIC SPINACH (GF), CORN ON THE COB (GF) \*

### PRIME RIB, GRILLED CHICKEN BREASTS W/ TOMATOES & ARTICHOKE (GF) ... THURSDAY

\* BAKED POTATOES (GF), BAKED SWEET POTATOES (GF), SAUTÉED MUSHROOMS, RATATOUILLE (GF) \*

### HONEY BBQ RIBS, BAKED CHICKEN PROVENCAL (GF) ... FRIDAY

\* RICE PILAF, CHEESY SLICED POTATOES (GF), SUMMER SQUASH BLEND, PARMESAN ROASTED BROCCOLI (GF) \*

## DESSERT MENU

BANANA PUDDING, CHOCOLATE COOKIE CRUMB  
PARFAIT, PEACH COBBLER, CHERRY COBBLER, APPLE  
PIE

## SPECIALTY BAR

### THURSDAY

\* DESSERT 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 02/01/25--02/07/25

## 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

### CRAZY GOOD BEEF CASSEROLE, ROASTED CHICKEN THIGHS ... SATURDAY

\* RICE PILAF, BUTTERED EGG NOODLES, ROASTED CAULIFLOWER (GF), LEMON STEAMED BROCCOLI (GF) \*

### BAKED TORTELLINI W/ MARINARA SAUCE, CRISPY BEER BATTERED COD ... SUNDAY

\* SEASONED RICE (GF), ROASTED GARLIC POTATOES (GF), ROASTED ASPARAGUS (GF), FRIED GREEN BEANS \*

### HERB BUTTER BREADED CHICKEN BREASTS, BONELESS STUFFED PORK CHOPS (GF) ... MONDAY

\* CHEESY LOADED POTATO CASSEROLE, STEAMED BASMATI RICE (GF), CALIFORNIA BLEND (GF), GREEN BEANS W/ ONIONS (GF) \*

### TACO GROUND BEEF (GF), SOUTHWEST CHICKEN (GF) ... TUESDAY

\* WARM FLOUR TORTILLAS, FRIED NACHO CHIPS, QUESO CHEESE, SPANISH RICE (GF), REFRIED RICE (GF), MEXICAN VEGETABLES (GF), MEXICAN COLE SLAW (GF) \*

### FRIED CHICKEN, HERB BAKED CHICKEN (GF) ... WEDNESDAY

\* MASHED GARLIC POTATOES (GF), STEAMED SCALLION RICE (GF), CHICKEN GRAVY, MIXED GREENS W/ BACON (GF), LIMA BEANS (GF) \*

### CHINESE-STYLE BBQ RIBS, STIR-FRIED THAI SHRIMP ... THURSDAY

\* JASMINE RICE (GF), FRIED SPRING ROLLS, STIR-FRIED VEGETABLES, THAI CHILI GREEN BEANS (GF) \*

### BBQ PULLED PORK, CRISPY FRIED FISH ... FRIDAY

\* RED RICE W/ PORK SAUSAGE (GF), MAC & CHEESE, BBQ BAKED BEANS, CREAM OF CORN (GF), CORNBREAD, COLE SLAW (GF) \*

## SOUP DAILY OPTIONS

### SOUP MENU

\* MONDAY--TOMATO BISQUE--TUESDAY MEXICAN CHICKEN TORTILLA SOUP-- WEDNESDAY--HOME STYLE CHILI-- THURSDAY--NORTHERN BEAN W/ HAM 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

### BEEF GYROS W/ WARM PITA BREAD, MEDITERRANEAN GREEK CHICKEN THIGHS (GF) ... SATURDAY

\* LEMON JASMINE RICE (GF), GREEK SEASONED POTATOES (GF), GREEN PEAS W/ ROASTED RED PEPPERS (GF), ROASTED SQUASH \*

### PORK IN ORANGE & LEMON SAUCE, CHICKEN BREASTS FLORENTINE (GF) ... SUNDAY

\* DICED SWEET POTATOES (GF), ITALIAN HERB ROTINI, SOY SEASONED BROCCOLI, YELLOW SQUASH (GF) \*

### SHRIMP JAMBALAYA (GF), GARLIC BEEF ... MONDAY

\* STEAMED WHITE RICE (GF), VEGETABLE EGG ROLLS, STIR-FRIED CABBAGE, STEAMED GREENS BEANS (GF) \*

### BEEF STEW, FRIED PORK STEAK ... TUESDAY

\* STEAMED WHITE RICE (GF), FRIED SWEET POTATOES, WARM DINNER ROLLS, BRUSSELS SPROUTS (GF), ITALIAN GREEN BEANS (GF) \*

### BRAISED STUFFED FLANK STEAK (GF), GNOCCHI PIEMONTESE ... WEDNESDAY

\* HERB GARLIC BROWN RICE (GF), AU-GRATIN POTATOES, ROASTED ZUCCHINI (GF), RUTABAGAS (GF) \*

### GRILLED RIBEYE (GF), MARYLAND CRAB-CAKES ... THURSDAY

\* BAKED POTATOES (GF), BAKED SWEET POTATOES (GF), TOMATO & GREEN CHILI RICE (GF) SAUTÉED MUSHROOMS, SUGAR SNAPS (GF) \*

### MONTREAL ROASTED CHICKEN THIGHS (GF), BAKED CHILI MAC ... FRIDAY

\* YELLOW RICE (GF), BAKED RANCH SEASONED FRIES (GF), STEAMED BROCCOLI (GF), BUTTERNUT SQUASH (GF) \*

## DESSERT MENU

BANANA PUDDING, CHOCOLATE COOKIE CRUMB PARFAIT, PEACH COBBLER, CHERRY COBBLER, APPLE PIE

## SPECIALTY BAR

### THURSDAY

\* CAESAR SALAD 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