

FLETC GALLEY

LOW-COUNTRY KITCHEN 02/08/25--02/14/25

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

MEATBALL SUBS, CHICKEN TENDERS ... SATURDAY

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

SMOTHERED PORK CHOPS W/ ONIONS & PEPPERS, BAKED ZITI ... SUNDAY

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

SHRIMP SCAMPI (GF), OPEN FACED CHICKEN CORDON BLEU (NEW MENU ITEM) ... MONDAY

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

SEASONED GROUND BEEF, CHICKEN TINGA ... TUESDAY

* WARM FLOUR TORTILLAS, FRIED NACHO CHIPS, QUESO CHEESE, MEXICAN RICE (GF), REFRIED RICE (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) *

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

* JASMINE RICE (GF), SCALLOPED POTATOES, BUTTERED EGG NOODLES, GARLIC GREEN BEANS (GF), ROASTED BUTTERNUT SQUASH (GF) *

BBQ PULLED PORK, CRISPY FRIED WHITING ... FRIDAY

* RED RICE W/ PORK SAUSAGE (GF), MAC & CHEESE, BAKED BEANS, COLLARD GREENS, 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(GF), FRIED 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 (GF) } BROWN BEEF GRAVY, SAUTÉED CABBAGE (GF), STEAMED CARROTS (GF) *

STUFFED PASTA W/ SEAFOOD SAUCE (NEW MENU ITEM), 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, 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 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, APPLE PIE

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 02/15/25--02/21/25

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

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 ASPARAGUS (GF), ROASTED SQUASH & ONIONS (GF) *

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

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

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

* WARM FLOUR TORTILLAS, FRIED NACHO CHIPS, QUESO CHEESE, MEXICAN RICE (GF), REFRIED RICE (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) *

PAELLA A LA VALENCIANA (CHICKEN & SEAFOOD RICE), AZORES BEEF STEW W/ POTATOES (BEEF STEW), ... THURSDAY

TRAVEL TO PORTUGAL & SPAIN (NEW MENU ITEM)

* MOLHA DE CARNE (PORTUGUESE TOMATO RICE), ESPINACAS A LA CATALANA (CATALAN SPINACH), GUI SANTES A LA ESPANOLA (PEAS W/ CURED HAM) *

BBQ PULLED PORK, CRISPY FRIED WHITING ... FRIDAY

* RED RICE W/ PORK SAUSAGE (GF), MAC & CHEESE, BAKED BEANS, COLLARD GREENS, 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), ALFREDO SAUCE, 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 (GF), ROASTED CAULIFLOWER (GF) *

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

* PASTA, MARINARA SAUCE (GF), ALFREDO SAUCE, TOASTED GARLIC BREAD, STEAMED LEMON BROCCOLI (GF), SAUTÉED CAPRI BLEND (GF) *

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

* VEGETABLE FRIED RICE, STEAMED 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) *

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

* PASTA, GARLIC HERB 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, APPLE
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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 02/22/25--02/28 /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 ... MONDAY

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

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

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

FRIED CHICKEN, HERB BAKED CHICKEN (GF), STICKY HONEY 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 (GF), STEAMED SQUASH (GF) *

BBQ PULLED PORK, CRISPY FRIED FISH ... FRIDAY

* RED RICE W/ PORK SAUSAGE (GF), MAC & CHEESE, BAKED BEANS, COLLARD GREENS, FRIED 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

GRILLED CHICKEN W/ BLACK BEAN SAUCE (GF), SPICY PORK CHOPS (GF) ... SATURDAY

* CILANTRO LIME RICE (GF), SEASONED BLACK BEANS (GF), MIXED VEGETABLES (GF), GINGER GREEN BEANS (GF) *

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

* MASHED POTATOES (GF), RICE PILAF (GF), BROWN GRAVY, SAUTÉED BRUSSELS SPROUTS W/ ONIONS (GF), SUCCOTASH (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 LOIN W/ HERBS & FENNEL (GF) ... TUESDAY

* WILD RICE, AU-GRATIN POTATOES, 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), RICE PILAF, (GF), SAUTÉED MUSHROOMS, SWEET PEAS W/ PEARL ONIONS (GF) *

GRILLED BRATWURSTS W/ PEPPERS & ONIONS, 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, APPLE PIE

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 03/01/25--03/07/25

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

CHICKEN POT PIE, PASTA POMODORO ... SATURDAY

* OVEN ROASTED 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 WINGS ... MONDAY

* SMOKED GOUDA GRITS (GF), WHITE RICE (GF), ROASTED SUMMER SQUASH (GF), BRUSSELS SPROUTS (GF) *

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

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

FRIED CHICKEN, JERK SEASONED 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, FRIED CHICKEN TENDERS (ORIGINAL & BUFFALO) ... THURSDAY

* WAFFLE FRIES, BAKED WHITE CHEDDAR CAVATAPPI, CALIFORNIA BLEND (GF), HERB ROASTED SQUASH (GF) *

BBQ PULLED PORK, CRISPY FRIED FISH ... FRIDAY

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

SOUP DAILY OPTIONS

SOUP MENU

* MONDAY--CHICKEN NOODLE SOUP--TUESDAY-- MEXICAN CHICKEN TORTILLA SOUP-- WEDNESDAY--HOME STYLE CHILI-- THURSDAY--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

ASSORTED FRENCH BREAD PIZZA, BONELESS CHICKEN WINGS ... SATURDAY

* PASTA, MARINARA SAUCE (GF), JALAPENO CHEESE POPPERS, PEAS & CARROTS (GF), CAULIFLOWER (GF) *

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

* MASHED POTATOES (GF), WHITE RICE (GF), BROWN GRAVY, BLACK-EYED PEAS (GF), GARLIC SPINACH (GF) *

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

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

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

* WHITE RICE (GF), BROWN GRAVY, POTATO MEDLEY (GF), 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, CORN ON THE COB (GF) *

PRIME RIB W/ GARLIC & HERBS (GF), GRILLED CHICKEN BREASTS W/ TOMATOES (GF) ... THURSDAY

* BAKED POTATOES (GF), SWEET POTATOES (GF), BROWN RICE, (GF), SAUTÉED MUSHROOMS, RATATOUILLE (GF) *

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

* YELLOW RICE (GF), CHEESY SLICED POTATOES (GF), SUMMER SQUASH BLEND (GF), PARMESAN BROCCOLI (GF) *

DESSERT MENU

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

SPECIALTY BAR

THURSDAY

* JAPANESE STATION (NEW BAR ALERT) *

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 03/08/25--03/14/25

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 ... 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 W/ VEGETABLES ... 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, BAKED BEANS, CREAM OF CORN, HUSH-PUPPIES, 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 ... 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, SEASONED BROCCOLI (GF), YELLOW SQUASH (GF) *

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

* STEAMED WHITE RICE (GF), ROASTED SEASONED DICED POTATOES (GF), 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 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