

FL ETC GALLEY

LOW-COUNTRY KITCHEN 03/29/25 -- 04/04/2025

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

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), SHRIMP ALFREDO PASTA BAKE ... THURSDAY

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

BBQ SMOKED BRISKET, SMOKED CHICKEN WINGS (GF) ... FRIDAY

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

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(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, STIR-FRIED PORK ... WEDNESDAY

* SWEET SOY SAUCE FRIED RICE, JASMINE RICE (GF), STIR-FRIED VEGETABLES, SUGAR SNAPS (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, HONEY MUSTARD CHICKEN BREASTS ... 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

* DECONSTRUCTED SUSHI 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