

FLETC GALLEY

LOW COUNTRY KITCHEN 11.11.23-11.17.23

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

BEEF & CHEDDAR MELT W/ ONION SATURDAY
ROLL, FRIED CHICKEN WINGS SEASONED WING CHIPS (GF), PASTA, MARINARA SAUCE, ALFREDO SAUCE, STEAMED SPINACH (GF), ROASTED CAULIFLOWER (GF)

CREAMY TUSCAN CHICKEN, FRIED SUNDAY
GROUPE EGG NOODLES, GARLIC HERB BUTTER RICE (GF), STEAMED BROCCOLI (GF), ASPARAGUS (GF)

COCONUT LIME CHICKEN, BLACKENED . . . MONDAY
TILAPIA (GF) COCONUT RICE (GF), CAJUN SEASONED POTATOES (GF), VEGETABLE MEDLEY (GF) (SQUASH, ZUCCHINI, CARROT & RED ONION) BOURBON ROASTED BRUSSELS SPROUTS (GF)

MEXICAN GROUND BEEF (GF), CILANTRO TUESDAY
LIME CHICKEN (GF) WARM FLOUR TORTILLAS, NACHO CHIPS, NACHO CHEESE, MEXICAN RICE (GF), REFRIED BEANS, MEXICAN VEGETABLES (GF), ROASTED CORN W/ POBLANO PEPPERS (GF)

FRIED CHICKEN, HERB-BAKED WEDNESDAY
CHICKEN (GF), SALISBURY STEAK (GF) MASHED POTATOES (GF), WHITE RICE (GF), BROWN GRAVY, SOUTHERN STYLE LIMA BEANS (GF) FRIED OKRA

FRIED SHRIMP ,BOURBON CHICKEN THURSDAY
SEASONED RICE (GF), PASTA SALAD, CORN ON THE COB (GF), FRIED ZUCCHINI

SMOKED BBQ BRISKET (GF), FRIED FISH FRIDAY
RED RICE, MAC & CHEESE (GF), BBQ BAKED BEANS, SOUTHERN STYLE TURNIP GREENS W/ SMOKED TURKEY (GF), HUSH-PUPPIES, COLE SLAW (GF)

SOUP MENU

MONDAY-VEGETABLE SOUP--TUESDAY--CHICKEN TORTILLA--WEDNESDAY--HOME STYLE CHILI--THURSDAY--CHEF'S SELECTION--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 PHILLY, BRATWURST W/ SATURDAY
SAUERKRAUT SWEET POTATO WEDGES, POTATO SALAD (GF), BUTTERED CORN (GF), STEAMED GREEN BEANS (GF)

SKILLET CHICKEN W/ MUSHROOM WHITE SUNDAY
WINE SAUCE (GF), COUNTRY FRIED STEAK STEAMED RICE (GF), MASHED POTATOES (GF), COUNTRY GRAVY, BUTTER BEANS (GF) OKRA & TOMATO W/ CORN (GF)

BBQ RIB TIPS, SOUTHWEST STEAK & RICE MONDAY
(GF) ROASTED POTATO MEDLEY (GF), YELLOW RICE, STEAMED CARROTS (GF), SAUTÉED KALE, CABBAGE & BRUSSELS SPROUT BLEND

SHRIMP & BACON MAC & CHEESE, BBQ . . . TUESDAY
CHICKEN WILD RICE (GF), SEASONED RED POTATOES (GF), BUTTERNUT SQUASH (GF), STEAMED KALE (GF)

CHICKEN, RICE & BROCCOLI (GF), WEDNESDAY
HERBED BAKED PORK CHOP (GF) MUSHROOM RICE (GF), CORN BREAD STUFFING, BROWN GRAVY, SUCCOTASH (GF), ROASTED VEGGIES (GF)

GRILLED RIBEYE STEAK (GF), BREADED . . . THURSDAY
SCALLOPS BAKED POTATOES (GF), SWEET POTATOES (GF), RICE PILAF (GF), SAUTÉED MUSHROOMS, STEAMED BROCCOLI (GF)

SESAME CHICKEN, PEPPER STEAK JASMINE . . . FRIDAY
RICE (GF), FRIED RICE (GF), EGG ROLLS, SAUTÉED MUSHROOMS W/ ONIONS (GF), STIR FRY 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

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